

NCCJ

NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

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Health & Wellness



13 Abortion access in Humboldt
20 Indigenous youth and foodways

COMMUNITY SPOTLIGHT

...meet local customers

Meet Scott Grant, a loyal and longtime local customer, who has been shopping at Murphy's Market in Cutten for over two decades.

Nestled in his home within a grove of Redwoods just several blocks away, Scott doesn't have far to travel to get his grocery shopping done so he's a frequent and familiar face. "I've been here so long that everybody is like family," he says. "Plus Murphy's has good food, good produce, and good meat."

Scott recalled when there was a big earthquake years ago and the first thing he did was run to Murphy's Market to pick up some water. When he arrived, the entrance was blocked. He helped gather shovels from the neighborhood to clean up and employees and customers worked together to get it done. Scott says, "Everybody's friendly and we help each other out."



*local customer
for over two
decades!*

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Hermit thrush. Read more on page 22.
Photo by Sarah Hobart

On the Cover
Illustration by Dave Brown

NCJ

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21

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Terry Torgerson

Grow Responsibly!

Editor:

As one who walks the marsh, I have a chance to ponder sea level rise daily. Recently, with the unusually high tides and heavy rains, water laps at the paths' edges often. I imagine a time when the paths will be under water, as will parts of U.S. Highway 101, Old Arcata Road and many more of our roads. We see flooding in many places that are not ordinarily under water for such long periods of time.

Those living on Howard Heights Road in Freshwater have been flooded three times over the past two weeks, preventing them from leaving except by canoe. Will we all be canoeing to get from point A to point B as they are? We know there is a housing crisis, but there is a *climate* crisis, as well ("Time is Running Out," Nov. 10). In addition to sea level rise, we now have atmospheric rivers that threaten us. The Arcata Planning Commission continues to be laser focused on the Gateway Plan. Sea level rise is just one issue our community has with this plan. Equally important is fire protection for the community. I urge you to watch the Jan. 10 Planning Commission Meeting ([youtube.com/watch?v=Fhx-K_VyCs8on](https://www.youtube.com/watch?v=Fhx-K_VyCs8on)). The Arcata Fire Protection District lays out *precisely* why they do not have the

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— Kirk Gothier

manpower or equipment to adequately protect our community now ("Chipping Away," Sept. 1). "Not one more Sorrell!" they stated emphatically in their presentation (referring to the newest four-story building in Arcata). Please, protect our community from climate change! Grow but responsibly!

Lee Torrence, Arcata

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‘Absolutely Disgraceful’

Editor:
I found it absolutely disgraceful to hear about the ignorance of pastor Tyrel Bramwell of St Mark's Lutheran Church in Ferndale ("Old Steeple Cancels Drag Event over Safety Concerns," posted Jan. 13). Every single war since the beginning of time has been started in God's name. God is an entity that no one can prove exists.

I am highly educated in comparative religions.
Karma comes back.
Bad Karma comes back threefold.
The only remedy for ignorance is education. People with closed minds are sadly more difficult to educate.
In a free society, loving people are who make the world a better place.
Suzanne Hart, Eureka

‘The Void’

Editor:
After reading Mark Larson's piece in the Jan. 12 issue ("KHSU MIA After Quake"), I was also struck by the void which has been left by KHSU since April of 2019. For decades I was a KHSU supporter and listened to much of the diverse programming. At times it felt like KHSU was the most important community outreach

effort made by the university since it amplified local voices and issues. Further, in times of crisis, KHSU volunteers from around the county provided much needed information concerning local communities.
I realize the former KHSU operations must have appeared something like anarchy to the top management of the university. While I do not know the specific issues which precipitated the closure decision, I suspect that a vital community service function must contain some flexibility in its operation and involvement of volunteers. Is there no way to reconnect KHSU to the local communities? Is this not what the mission of KHSU is supposed to be?
John Filce, Eureka

Donate!

Editor:
January is National Blood Donor Month (Mailbox, Jan. 12). Join us in saving lives. Having donated blood for many years, I'm what some in the industry call a "milestone donor" since I've donated gallons of blood. The truth is, though, that I've received more through helping to save lives in this way than has ever been taken from me.
The need for blood is real: Every two seconds, someone's life is saved by a blood transfusion! Here on the North Coast, we are lucky to have our great local blood center, the Northern California Community Blood Bank. When I donate blood here, I know I'm in good hands, making a difference in local lives, and helping make our community's healthcare system stronger. It makes me feel good to know that someone I will never know will benefit from my donation. You never know whose life you'll be saving.
I thank the many people who already give blood and encourage all eligible donors to roll up their sleeves and join me in this important cause.
David Lindberg, Eureka

Write a Letter!

Please make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com. The weekly deadline to be considered for the upcoming edition is 10 a.m. Monday.

BOARD CHAIR'S STATEMENT REGARDING THE UPCOMING ELECTION



January 12, 2023

With three open positions to be filled on the CCCU volunteer Board of Directors it's critical that our members understand the immense oversight responsibility a credit union Director holds – and what it doesn't hold. As current Chair of the Board, I can tell you it is markedly unlike any other.

To quote the position description, it's one of "general direction," "approving budgets," and "ensuring adherence to laws and regulations." It's having sound practices in place that weather economic downturns without sacrificing members, employees, and communities. It's understanding financial statements and balance sheets of a \$2 billion organization and having the knowledge to ask informed questions of examiners. It's the desire to be a team player.

Where does a member's voice come in? Everywhere. It drives our organization. Serving as a Director means placing trust in our very capable management and staff to identify and address member needs and seek ways to exceed expectations. That's their role.

Through numerous channels, our teams hear and read your opinions, concerns and suggestions. Every member comment, thousands, is read by our CEO and every vice president. Can every member request be put into place? It's widely known that you can't please all the people all of the time. But every single day, they do their very best.

Directly from member feedback, action plans are developed by managers, with input from employees, and executed throughout the credit union. In a 2022 survey, nearly 90% of employees stated they are proud to work for CCCU. With a member rating of 94.4%, these are indicative of an organization and approach that works, and has worked, for 72 years and counting.

Credit unions receive deposits and in turn, lend and reinvest these funds. We're not a bank. We're not a grocery store. If you've seen evidence of donations to non-profits, you know your hard-earned dollars are at work. If you've received a business loan when you couldn't find other options, you personally know the impact of Coast Central.

As a member, before you place your vote, get firsthand facts, and have confidence in the great job your employees and Board have been doing in serving you and our community. I am tremendously proud to be part of the Coast Central family, and there are over 76,000 others throughout three counties who clearly are too. Thank you.

Ron Rudebock
Board Chair
Coast Central Credit Union
coastccu.org



Nurse practitioner Surani Hayre-Kwan, right, speaks with patient Mary Valesano, left, and her caregiver Georgia Manolakos-Fraley, during a check-up at the Russian River Health Center in 2020.
Photo by Anne Wernikoff for CalMatters

Medi-Cal to Keep More Insurance Plans after Pushback

By Kristen Hwang and Anna B. Ibarra/CalMatters
newsroom@northcoastjournal.com

In a significant course change, the California Department of Health Care Services announced that it has negotiated with five commercial health plans to provide Medi-Cal services in 2024, scratching a two-year-long bidding process for the coveted state contracts.

This upends the state's previous plans of awarding contracts to only three health plans. It means more Medi-Cal enrollees — who comprise roughly a third of Humboldt County's population — will likely get to keep their current insurer and doctors, averting a confusing re-enrollment process for most members and preventing disruption to patient care. It also means the state will avoid a protracted legal battle amid lawsuit threats from insurers who had previously been left out.

The big winners: Blue Shield and Community Health Group will get a contract after initially having lost bids, and Health

Net will get to keep at least some of its Los Angeles enrollees.

"To bring certainty for members, providers and plans, the state used its authority to work directly with the plans to re-chart our partnership and move with confidence and speed toward the implementation of the changes we want to see," the department wrote in a statement released Friday afternoon. The department did not provide answers to follow-up questions before publication.

"At some level it makes the transition easier, but we want to do better than the status quo," said Anthony Wright, executive director of Health Access, a consumer advocacy group. "Less disruption is good, but we don't want to lose the reason for the change, which is to have more accountability on these plans going forward."

Continued on page 9 »



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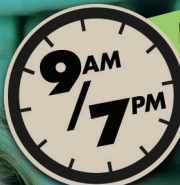
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Medi-Cal provides health coverage to more than 14 million low-income Californians, more than a third of the state's population. In 2021, the Department of Health Care Services, which oversees the Medi-Cal program, embarked on a bidding process that would allow it to rework contracts with commercial Medi-Cal health plans. The state's goal was to reduce the number of participating health plans from the current nine and move forward with only the most qualified, which would be held to higher standards related to patient outcomes, wait times and satisfaction, as well as improving health disparities.

In August, the state announced it would tentatively award \$14 billion in Medi-Cal contracts to three companies — Health Net, Molina and Anthem Blue Cross. This proposed decision would force close to 2 million Medi-Cal enrollees to switch insurance and likely find new providers. Some health providers decried the department's original contract decision, claiming it would have caused "immeasurable" disruption to care.

Kaiser Permanente negotiated a special contract with the state early last year, bypassing the bidding process. And most nonprofit community-based health plans did not have to compete for a contract.

The state's summer announcement quickly became controversial as health plans that were left out questioned the state's process for choosing the three insurers, appealed the decision and sued the state.

This change of course calls into question the power insurance companies can have in pressuring state action with legal threats. Health advocates say they hope it does not set a precedent. Wright at Health Access said he'd like for the department to make clear that the state is not backing away from the competitive contract process in the future, as he considers it a key tool for accountability.

Blue Shield, one of the insurance companies initially left out, filed a complaint against the Department of Health Care Services, requesting the department release all documents used in the selection process.

The insurance giant even launched a campaign in the fall asking Californians to speak out against the state's decision. The company argued the state failed to sufficiently engage Medi-Cal enrollees and doctors in the process. "The message of this campaign is that it's not too late for the state to change course and make choices that will advance innovation and health equity for everyone," Kristen Cerf, president and CEO of Blue Shield's Medi-Cal plan, said in a statement in October.

Under the revised agreement, Blue Shield will get to keep serving the San Diego area. Blue Shield declined a request for an interview, instead referring reporters to a statement.

Meanwhile, Health Net, which in the summer was tentatively awarded contracts in nine counties but lost its previous and largest contract in Los Angeles, also sued the state. Under the new agreement, Health Net will get to stay in Los Angeles and will divide its share of Medi-Cal enrollees evenly with its commercial counterpart, Molina Healthcare. Health Net will also keep its Sacramento membership but lose the San Diego market.

Centene, the parent company of Health Net, said in a statement earlier this month it would end its legal actions against the state's health services department.

Splitting members evenly between Molina and Health Net through a subcontracting agreement is a "step in the right direction," said Jim Mangia, president and CEO of St. John's Community Health, which serves low-income patients in south LA, but much remains uncertain.

"Who's the 50 percent that are going to be able to stay with Health Net and who are the 50 percent that are going to have to move?" Mangia said. "We don't have answers to that, so I think it's problematic in that it still displaces a significant number of patients."

Currently, Health Net manages more than 1 million Medi-Cal patients in Los Angeles County. Nearly a quarter of St. John's Community Health patients have Health Net, with the publicly run L.A. Care Health Plan accounting for the rest. (Most Angelenos with Medi-Cal are enrolled in and will be able to continue with L.A. Care, a publicly operated plan.)

Mangia said the latest decision will still disrupt services for the 12,500 patients at St. John's alone who will be forced to switch to Molina. He anticipates the clinic needing to hire more staff to help with patient navigation, but there's no money for that.

"It was obviously an attempt to rectify the initial decision, but I'm not sure the impact on patients is going to be all that different. That's my concern," Mangia said. "It's essentially an unfunded mandate."

Health Net and Molina Healthcare did not reply to requests for comment, but in a call with investors earlier this month, Molina CEO Joseph Zubretsky characterized the state's final decision as "taking three steps forward, taking one step back" for the company, which had originally hoped to triple its Medi-Cal membership under the tentative award announced in August.

In discussing the decision, Zubretsky and CFO Mark Keim alluded to closed-door negotiations between Molina, the state health care services department and the appealing insurers. When asked whether the state ever considered restarting the bidding process, Zubretsky said California regulators had "broad discretionary authority" to award contracts and new bids could have taken a significant amount of time.

"With that as the understanding, we thought it best for the company, for membership and for investors to participate in the negotiation," Zubretsky said.

Molina has agreed not to protest the final contract award and will subcontract with Health Net in Los Angeles County in the "negotiated settlement," Zubretsky said. Molina will double its Medi-Cal membership — from 600,000 to 1.2 million — by 2024 as a result of this latest contract.

"We've agreed to the membership allocations that the state has now articulated in addition to waiving other types of legal rights that one would normally have," Zubretsky told investors.

Community Health Group, the largest Medi-Cal provider in San Diego County, will also get a new contract in 2024. The insurer was excluded in the original summer announcement, but appealed the state's decision.

Community Health Group declined an interview request, but over the summer, the company's chief operating officer, Joseph Garcia, told CalMatters the state's decision had been shocking because his company routinely outperformed other insurers.

Zara Marselian, CEO of La Maestra Community Health Centers in San Diego, said the state's new decision was a welcome surprise. La Maestra's clinics serve low-income patients throughout the county and have worked with Community Health Group for nearly three decades. About 26 percent of its patients rely on Community Health Group for Medi-Cal, the most of any single patient group. Previously, Marselian had also predicted having to hire more staff to help patients navigate the transition.

"It's really better for the Medi-Cal recipients that will not now have to transfer to another health plan and have their whole continuity of care disrupted," Marselian said. "I'm really grateful however this happened. I'm really grateful on behalf of our patients."

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Old Steeple Cancels Drag Event Amid Safety Concerns

Paul and Cheri Beatie, owners of the Old Steeple and Ferndale Music Co., had never had to cancel an event out of concern for violence. But after Pastor Tyrel Bramwell of St. Mark's Lutheran Church in Ferndale recently posted the message, "Beware drag show for kids coming to the Old Steeple" on the church's marquee, canceling the family-friendly event is what they felt they had to do.

The all-ages Lost Coast Pride fundraiser titled "Dragging Through Time" had not even been publicized yet. "As soon as we knew the [church's] sign was up, we went directly to [Bramwell] and asked that the sign be taken down and he refused. He said if we convinced the organizers to say 18 and over, he would take down the word kids," says Paul Beatie. It wasn't a surprise, as Bramwell has grabbed attention with a number of overtly bigoted signs at the church. In an email announcement about the show, the Beaties say, "We agreed to disagree, and at this point, we decided to proceed with the event and 'turn the other cheek' — basically, to ignore the bully. We also felt buoyed by support from the majority of the Ferndale community, most of whom are very reasonable, loving people."

Ferndale Police Chief Ron Sligh says he wasn't particularly concerned about safety at the drag show. "I mean, I have concerns on every event," he says, noting he works out security plans for the county fair, for example, but doesn't get involved in private venues beyond ABC permits for serving alcohol. The sign at St. Mark's framing the event as dangerous was "something I thought about because it seemed there was potential for some concern, but I didn't talk with anybody about it. ... If I get some information that there may be a counterprotest or something, I'm concerned. If I hear something like that ... I'll want to be as prepared as I can be."

Sligh says, "Our main focus is to protect

people's safety and their rights. ... We're often between two groups." He says he recalls working with that goal during protests and standoffs between loggers and environmentalists during the Timber Wars. "I want people to exercise their rights and to do it safely within the law," he says. "The sign, you know, it's freedom of speech ... just as the people who want to have the drag show have their rights."

Ferndale Mayor Randall Cady wasn't worried when he heard about the drag show and the church sign, either. "But I didn't have all the information until after it was canceled," he says. Even then, he says, he doesn't see much possibility of violence. "I don't think we have that kind of issues in Ferndale. And we have an excellent police department and Chief Sligh would be out there to make sure there was no violence."

Asked for his view on the show and the anti-LGBTQ+ sign, Cady says, "I'm in a position where I'm danged if I do danged if I don't, saying something. I think people can blow things out of proportion. I think the steeple did the right thing by canceling the show for the sake of safety ... Would I go to that show? No, it's not my thing. But if I don't wanna go, I don't buy a ticket." He also notes that parents are "in control of their children. If parents don't want their kids to go, they won't let 'em. That's what being a parent is." Cady hasn't spoken to the Beaties or Bramwell about the sign. "I don't approve of some of the things [Bramwell] says but, you know, it's a free country."

By the evening of Monday, Jan. 9, Beatie says, "We got several messages and calls. One was from a parent of a student who takes lessons here. And they were concerned for our safety."

Beatie says a Facebook post about the



Marchers in the 2022 Ferndale Pride Parade. The canceled drag event was to raise funds for this year's event.

Submitted

show drew some disturbing comments, including requests for participants' home addresses and people opposed to the show saying they would attend and video the event. While there were no overt threats of violence, he says, "In the context of what's been going on locally and what's been going on in the country, boy, it's not a big step, is it?" Beatie says the recent violent attacks on LGBTQ+ venues and people elsewhere in the country and the shouting, menace and intimidation from protesters of Redwood Pride's Eureka Halloween event have set frightening precedent.

The Beaties reached out to Kaelan Rivera, the founder of Lost Coast Pride. "I basically said, 'We feel like we need to pull the plug on this because if this is the kind of blowback we're getting before the event is even publicized, we're not prepared to deal with this,'" recalls Beatie, adding, "I wish we were."

But the Beaties aren't only concerned about possible violence at the event, but against their family and children.

Rivera, a queer trans man and U.S. Navy veteran who also goes by Papa K, says he understands the Beaties' position. "I'm completely understanding. Paul and Cheri are wonderful people and the fact that they opened up their venue was phenomenal." The show, which had a time-travel theme, had been in the planning since October to raise funds "so that we can continue to have our Pride March, which is a protest, and our Pride Festival afterward, which is a celebration." Rivera says he understands the concern for safety, particularly as a disabled trans person. But all-ages

shows are worth it to him. "Children and adults and parents need to see that there is a huge spectrum of humanity and kids are a part of that."

The Beaties' announcement of the cancellation strikes a hopeful note, too: "As parents and community members, it's our responsibility to keep our community safe. Children take music lessons at our building, and their safety is paramount. We don't know that this is the 'right' decision but it feels like the prudent decision, and personally that's what is right for our family. We continue to support Lost Coast Pride and the LGBTQ+ community and would like to work together in the future."

If another show is organized in Ferndale, Cady is confident the town will be welcoming. "We have LGBTQ people who live in Ferndale and they're just normal citizens in Ferndale and that's how they're treated. And that's how they treat everyone else."

Rivera is hopeful about a future show, if more cautious. He's talking with friends about helping him install security cameras at his home, noting his additional vulnerability as a trans man who's disabled. Despite his own safety concerns, putting on family-friendly shows and making space for LGBTQ+ people is important to him.

"People seem to think that you pop up as an adult as queer. You don't. ... You grow up having to live this heteronormative idea and it's a false idea," he says. "Humans have the capacity for all sort of feelings and thoughts." ●

—Jennifer Fumiko Cahill

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While a Constitutional Right, Abortion Access Remains Limited in Humboldt

By Iridian Casarez

iridian@northcoastjournal.com

When someone finds out they're pregnant at the Open Door Women's Health Clinic, they're met with a discussion about options for how — and whether — they want to proceed with their pregnancies.

"We ask them, 'What would you like to do? What's best for you?'" said Humboldt County gynecologist Kim Ervin, whose been providing women's health care in the community for the past 20 years, currently at Open Door Health Clinic. "Then there's the information. We tell them, 'Go back and talk to your families and decide what you want to do, and we can help direct you to the care you need. We have our sister clinic that does obstetrical care, and we have access to procedural and medical termination at Planned Parenthood.'"

Pregnant people always have a choice about whether they want to continue their pregnancy at Open Door and throughout California. Abortion is considered a reproductive freedom that California voters enshrined into the state's constitution in November. In rural Humboldt County, however, abortion

access is limited based on pregnancies that have not reached 14 weeks gestation, or 14 weeks from the time of conception.

In an email to the *Journal*, Planned Parenthood Northern California's Senior Director of Operations Gloria Martinez said, "The Eureka Health Center can accommodate patients needing an abortion up to 13 weeks six days gestation. If a patient is close to this gestation, we do our best to accommodate them as soon as possible.

Patients with gestation over 14 weeks are referred to other providers."

Planned Parenthood Eureka offers medication abortion for patients who are at 10 weeks gestation or earlier, and in-clinic abortions — procedural abortions — for those at 10 to 14 weeks gestation. Pregnancies beyond 14 weeks gestation cannot be aborted locally, sending those wishing to terminate them out of the area for treatment. It should be noted that California doesn't allow abortions past a fetus' viability outside the womb, generally considered to be after 24 weeks, unless the pregnant person's life and health are in danger.

Patients seeking an abortion at Planned Parenthood Eureka don't need a referral from a medical provider. If someone takes an at-home pregnancy test and doesn't

want to continue the pregnancy, they're able to call (800)-230-7526 or schedule an appointment online at ppnorcal.org.

"Beyond [14 weeks], there's nobody that does that in the community," Ervin said, adding that abortions past 14 weeks are more complicated procedures and there's no one in the county who spe-

cialized in the operation. "As long as the pregnancy is in the first trimester, which is the first 13 weeks, and as long you aren't calling at the very last minute, you can get a first-trimester abortion at Planned Parenthood [Eureka]."

First trimesters abortions are by far the most common abortions, accounting for 91 percent of those performed nationally, according to the U.S. Centers for Disease Control.

First trimesters abortions are by far the most common abortions, accounting for 91 percent of those performed nationally, according to the U.S. Centers for Disease Control.



Planned Parenthood Eureka offers abortions at up to 14 weeks gestation. People with pregnancies past 14 weeks need to seek care out of the area.

File photo

Second and third trimester abortions are rare, according to the CDC, representing about 7.7 percent and 1.2 percent of abortions, respectively. These types of abortions are more complicated and riskier, Ervin said. According to the Kaiser Family Foundation, abortions are generally only performed this late when there are complications in pregnancy, like fetal anomalies, when a mother's life is endangered due to an illness or when access to first-trimester abortions is limited.

Since Planned Parenthood Eureka only offers first-trimester abortions, women experiencing pregnancy complications or who cannot get an abortion appointment before the 14-week mark have to go out of the area, most commonly to the Bay Area, to seek care, Ervin said.

Planned Parenthood did not answer follow-up questions about where patients are referred, but said the organization's Northern California chapter has a care coordination department and a patient navigator to refer patients to out-of-area

providers when needed.

"We ensure the care they need and the location [in which it's provided] are accessible to the patient. We work in partnership with several providers," Martinez said.

Planned Parenthood Northern California is also planning on expanding gestational limits of abortions at its Eureka location to avoid patients having to go elsewhere for care — even though it occurs infrequently, according to Martinez — by offering more evening appointments on weekdays and weekends. As of this month, it is hiring another provider to ensure there are enough appointments available to meet local demand.

"Access is something we monitor closely by looking at Third Next Available Appointment data," Martinez wrote, adding that the software helps Planned Parenthood track how long it takes patients to secure an appointment.

Other Humboldt County clinics and healthcare systems don't offer abortion services because of religious beliefs and



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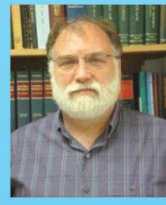
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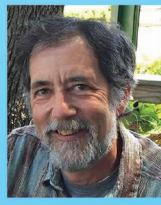
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Continued from previous page

federal funding restrictions.

Elective abortions aren't offered at Providence St. Joseph's or Redwood Memorial, the county's largest hospital system, because it's a Catholic institution with the religious belief that life begins at conception. However, in a statement to the *Journal*, Providence spokesperson Christian Hill said when it comes to complex pregnancies that put someone's life at risk, Providence does not deny emergency care and allows clinicians to "exercise their best medical judgment and provide all necessary interventions to protect and save the life of the mother."

For example, Hill said, the indirect result of treatment for extrauterine pregnancies (also known as ectopic pregnancies, a dangerous and life-threatening condition in which a fetus begins to develop outside of the uterus and occur in 2 percent of pregnancies, according to the American Academy of Family Physicians) is the termination of a pregnancy.

According to Hill, if a particular procedure isn't offered or available at Providence, physicians work with patients to address their needs and discuss all treatment options, including a transition of care to another provider, should it be safe and feasible.

When Ervin first arrived in Humboldt County 20 years ago, all OBGYN services were offered at General Hospital, before it was bought by Providence, so clinicians were able to offer elective abortions with no restrictions at the time.

Open Door, meanwhile, can't offer abortions at all because of the Hyde Amendment.

Congress passed the Hyde Amendment several years after the U.S. Supreme Court ruling in *Roe v. Wade* deemed abortion a constitutionally protected right in 1976. It prohibits the use of federal funding for abortion services, with the exceptions of pregnancies caused by rape or incest, or when the life of the person carrying the fetus is endangered. As a federally qualified health center — a clinic offering healthcare services to underserved areas with a majority of its funding coming from the federal government — Open Door Community Health can't offer in-house abortion services.

In an email to the *Journal*, Open Door President Tory Starr said the Hyde Amendment restrictions are quite clear and don't allow for Open Door to offer abortion or termination services of any kind.

The amendment also prohibits Medicaid, a federal assistance program that provides medical health insurance to low-income residents, coverage for abortions, except for cases of rape or incest, or when the life of the pregnant person is

endangered. California's Medicaid program Medi-Cal, however, uses state funding to cover the cost of abortions, helping low-income residents in the state who need an abortion to pay for one.

Nearly 84 percent of Planned Parenthood Eureka Health Center patients qualify as low-income (making below 200 percent of the Federal Poverty Level) and 72 percent are enrolled in Medi-Cal, according to the nonprofit.

For people who don't qualify as low-income or aren't enrolled in Medi-Cal, private insurance or don't otherwise have access to subsidized healthcare, the cost of an abortion comes out of pocket.

The University of California at San Francisco operates Advancing New Standards in Reproductive Health (ANSIRH), a leading research program that informs the most pressing debates on abortion and reproductive health, rights and access, and has tracked the out-of-pocket costs of abortions.

ANSIRH runs an Abortion Facility Database which includes information from more than 700 abortion facilities across the U.S. and serves as a tool for the program's research on abortion.

Noting limited data exists on the total out-of-pocket charges for an abortion that isn't covered by insurance, ANSIRH published a study examining the total costs for medication abortions, first-trimester procedural abortions and second-trimester abortions.

Using the Abortion Facility Database's data from 2017 through 2020 for all 50 states and Washington, D.C., ANSIRH found the median patient charges for medication abortion increased from \$495 to \$560, while first-trimester procedural abortion costs rose from \$475 to \$575. The median patient charges for second-trimester abortion, however, decreased from \$935 to \$895.

According to Planned Parenthood's website, medication abortions (pills) can cost up to \$800 but average \$580 at Planned Parenthood.

An in-clinic abortion during the first trimester can cost up to \$800 but average about \$600 at Planned Parenthood, according to the nonprofit. The cost of an in-clinic abortion during the second trimester varies depending on a patient's gestation but can run about \$715 early in the trimester and later reach \$1,500 to \$2,000.

"That's the advantage that Planned Parenthood has — that they can provide these services for very low [cost]," Ervin said. "You don't have to pay very much,

Continued on page 16 »

Humboldt's Grisly History of Illegal Abortions

By Lynette Mullen

George Landgren was not a good husband or father. In 1913, he abandoned his wife, Alma, and their two little boys, and headed south. When the local sheriff forced him back to Humboldt County to care for his family, he spent just enough time with them to avoid being charged with desertion — and to impregnate his wife with their third child. When Alma died after an illegal abortion on Oct. 31, 1913, instead of grieving that evening, Landgren attempted to extort the man he thought responsible, threatening to accuse him of murder if he didn't pay up.

By 1910, Alma Landgren seemed to have known where her marriage was headed and had been working as an apprentice in a Eureka drugstore, but having two young children in quick succession likely made working difficult. When she found herself pregnant again in 1913, the prospect of having another child must have been terrifying but the solutions weren't much better. Women had few job opportunities and a single mother even fewer. A third child would have made employment untenable, so Alma sought an abortion. "Illegal operations," as they were often called, were dangerous and against the law. Alma sought help from 76-year-old Edward Goyer. A graduate of three medical colleges, Goyer had practiced medicine for more than 30 years, but his reputation had been marred by suspected ethics violations, and "nervousness" ended his professional medical career in 1901. By 1913, his health was declining and he boarded in a Eureka rooming house.

Alma's death made the news when Goyer was charged with murder, suspected of committing the abortion that ended her life. According to the *Humboldt Times*, which followed the court proceedings in November and December of 1913, it was the first case

of its kind in Humboldt County.

An autopsy and inquest had revealed that sometime the week of Oct. 27, 1913, Alma had an abortion — and the blunt instrument used in the procedure had punctured her uterus, creating a hole about the size of a quarter. She then suffered "untold and constant agony" for days before dying of peritonitis, a bacterial infection and common cause of abortion-related deaths before antibiotics were available.

Goyer's trial and weeks of damning testimony followed his arrest, but when Alma Landgren's housekeeper told the court that Alma had performed her own abortion, prosecutors stalled. With no one to speak in the young woman's defense, all charges against Goyer were eventually dropped and he was set free.

Because it was Illegal

At the turn of the 20th century, those who found themselves with an unwanted pregnancy included married couples struggling to feed already hungry families, young women tricked or pressured into compromising their "virtue" after a promise of marriage, and victims of rape and incest. While an abortion was a risky gamble, the consequences of an unwanted child were often certain: shame, ostracism, financial struggle and regret. Death, a Colorado journalist argued in 1890, might be a "happy refuge" for "fallen" women and the risks of abortion preferable to becoming "the mother of an infant, who for life would be branded with the most hateful epithet in the English language." In other words, a bastard.

The illegal procedures were offered by doctors, men pretending to be doctors, midwives and caring relatives hoping to help a young woman move on to live a "respectable" life. While

many undoubtedly cared about their patients, too many were only after money. And there was plenty to be made. While some abortionists charged as little as \$25 in the early 1900s, many wanted \$100 or more, the equivalent of \$3,000 to \$4,000 today. It was a steep price for a single girl or young couple struggling to make ends meet, but many raised the funds.

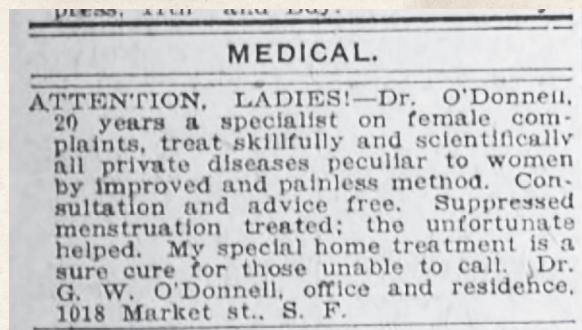
A Woman from Humboldt

In May of 1921, a judge dismissed the 32nd felony charge against San Francisco doctor George W. O'Donnell, who had been accused yet again of performing an "illegal operation." His patient? A woman from Humboldt. Something must have gone wrong to catch the attention of law enforcement, but the judge said there wasn't enough evidence to charge him.

O'Donnell had been a drug dealer and opium user for years. By 1921, he had also been performing illegal abortions for more than a quarter-century. Women found him through word of mouth and ads in the San Francisco and Oakland newspapers promising to skillfully and painlessly treat "private diseases peculiar to women," including "suppressed menstruation" and "the unfortunate."

O'Donnell first made the news in the spring of 1895 when Sacramento resident Lizzy Mae Burke was seduced (or raped) by a local businessman and became pregnant. She hid her condition from her parents and traveled to San Francisco and O'Donnell's home for an abortion. When her parents finally tracked her down at the doctor's residence, Lizzy was desperately ill. They took her to St. Luke's Hospital, where she died from the "effects of a criminal operation."

Continued on page 17 »



An ad for abortion services in the Oakland Tribune.



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and they purposely do that so that women can afford the service.”

If someone in Humboldt County takes an at-home pregnancy test and chooses not to continue their pregnancy, they will have to make an appointment promptly because of Planned Parenthood Eureka's limitations and its status as the only local provider. But sometimes it's difficult to recognize the early signs of pregnancy if it's not expected.

People who aren't planning on getting pregnant usually aren't looking for pregnancy symptoms, which are very similar to those of an oncoming menstrual cycle, like breast tenderness, fatigue, bloating and mood changes, among others. Ervin said it can also be difficult to detect pregnancy for people with irregular menstrual cycles and for whom skipping a period or two may be normal.

“I think a lot of women don't realize they're pregnant right away. It just depends on what kind of access they have to even get a pregnancy test or what kind of healthcare they have so that someone can actually diagnose them as being pregnant,” Ervin said. “For example, OK, you go to the doctor's appointment because you've missed a couple of menstrual cycles but maybe your history is you've skipped cycles on and off and that's normal for you, and then come to find out, well, this time you're actually pregnant and then, woah, it catches you by surprise.”

There are several organizations that

offer free pregnancy testing to people in Humboldt County, but those organizations are faith-based and focused on giving people alternative options to abortions. Planned Parenthood Eureka offers urine pregnancy testing, but pricing varies depending on insurance.

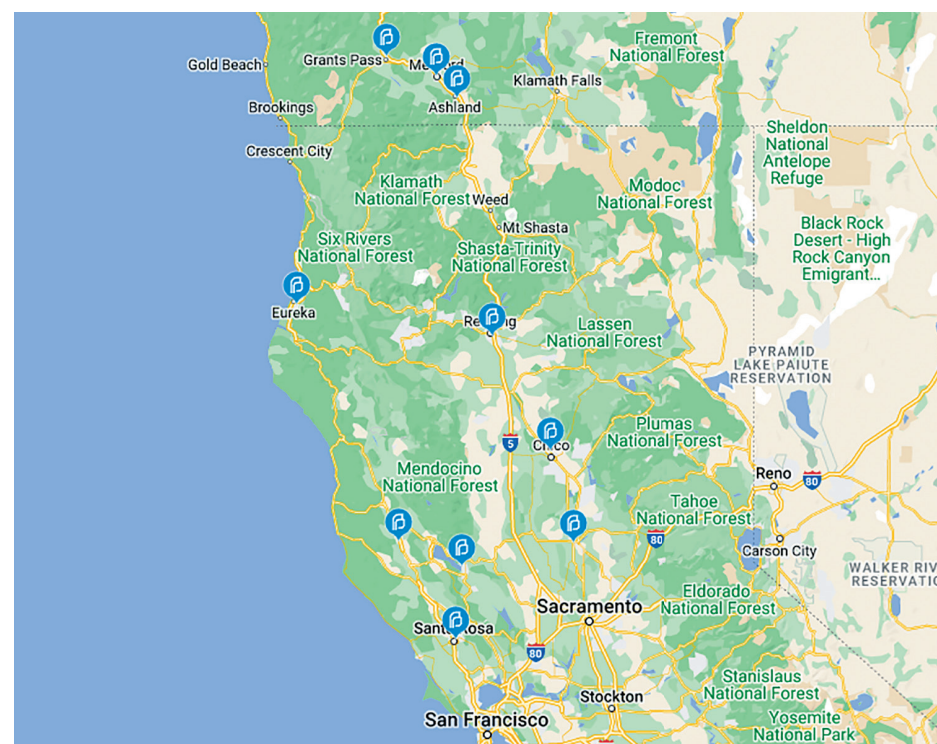
The *Journal* calculated the cost of pregnancy tests at various pharmacies in Humboldt County and found the average for a two-pack pregnancy test kit is \$14.87, with the cheapest test available at Walmart for 88 cents. Stores like Dollar Tree sometimes also have pregnancy tests in stock for \$1.25.

Ervin said that with enough notice, Planned Parenthood is able to schedule abortions to be performed locally but that gets more difficult the closer a pregnancy gets to the 14-week mark.

“Certainly, if you call in when you find out at 12 weeks pregnant, and you didn't know you were pregnant until 12 weeks, then it's going to be a lot harder because you might have to wait a week or two to get into an appointment,” Ervin said.

If Ervin has a patient at Open Door with an unexpected pregnancy close to the 12-week mark, she is able to make a personal referral to Planned Parenthood to let them know her patient needs an appointment as soon as possible and, depending on demand, the clinic could be able to reschedule a patient who isn't as far along in their pregnancy to another week. But,

Continued on page 18 »



Mapped locations of available abortion clinics on and around the North Coast.

plannedparenthood.org

» Continued from page 15

The 26-year-old doctor was charged with murder but was acquitted due to a lack of evidence. It would be the first of at least two murder charges O'Donnell would escape without a conviction.

O'Donnell had followed in the footsteps of his father, Dr. C.C. O'Donnell, who was first accused of performing a similar procedure on Mary Nolan in 1890. Nolan, thankfully, survived. In that instance, the elder O'Donnell, like many abortionists, was acquitted because, as a reporter for the *Coronado Mercury* noted at the time, there were seldom any witnesses except the doctor and the victim. And if the woman lived, the reporter added, she could refuse to testify to avoid self-incrimination and her own criminal charges. In the Nolan case, the girl bravely testified but the judge ruled participant testimony insufficient for a conviction.

By June of 1921, the younger O'Donnell had been accused of performing 34 abortions and, in August of that same year, a 35th charge was also filed and then dropped. The man continued to practice at least until 1930 and it is impossible to know how many women were harmed and ultimately died under his care.

Cover Up

Clearly, the risks of illegal abortions by unregulated providers were immense. Many abortions were done in hidden clinics and secret backrooms. Accidental punctures of vital organs were not uncommon and sometimes inexperienced abortionists left fetal or placental material behind, which then became septic. The 1916 *Journal of the American Medical Association* recounted one incident in which a practitioner used forceps to extract fragments of placenta after an abortion and instead pulled out a loop of the woman's intestine.

Because the procedure was illegal, providers faced with complications or a maternal death often focused on self-preservation. In 1897, after Pearl Bryan died of an abortion in Illinois, Scott Jackson confessed to working with at least two other men to decapitate the woman and bury her head in a sandbar alongside a river, all in an attempt to thwart her identification and avoid prosecution. In 1910, after San Francisco doctor Robert Thompson performed a fatal abortion on Paso Robles school teacher Eva Swan, he poured nitric acid on her body and buried her in his cellar.

Though Humboldt County readers were spared many of these stories, in 1914, the *Humboldt Times* ran a wire service story about a Pennsylvania abortion clinic known as the "House of Mystery." Officials believed an untold number of women died at the facility from botched abortions and their bodies were burned in the basement furnace. Because illegitimate pregnancy was so stigmatized and abortion illegal, women seldom told their family or friends of unplanned pregnancies or plans to end them. As a consequence, many women who died of abortion complications were never identified and their families never notified.

And So it Continued ...

While there continued to be individual practitioners, abortion "rings" with statewide networks were gaining popularity in California by the 1930s. In 1939, Margaret Sanger, a pioneer birth control advocate, estimated at least 8,000 women were dying every year from abortions, a majority of them married and already parenting three or more children. In 1965, outcomes were no better. The U.S. Department of Health, Education and Welfare reported that of the 1,189 total maternal deaths per 100,000 reported that year, 235 — almost 20 percent — were caused by complications arising from illegal abortions.

By 1967, California lawmakers had had enough and then-Gov. Ronald Reagan signed the state's therapeutic abortion law, which made the procedure legal in cases of rape and incest, or when the pregnancy presented a danger to mother's physical or mental health. The state Assembly ordered the state Department of Public Health to evaluate the impact of the new law and, in 1968, the department reported there had been minimal change in the number of legal abortions performed. In the two months evaluated, 254 women received abortions under the new guidelines: 18 because of rape, seven because of incest, 214 due to mental conditions and 15 to avoid risks to the mother's physical health. As proof that California had not turned into an abortion mill, the report added, only four of the women receiving services lived outside the state. The number of illegal abortions being performed, on the other hand, was harder to gauge. At the time, the department estimated 20,000 to 120,000 illegal abortions were still occurring in the state each year. In 1969, women in California finally secured the right to legal abortions when the

Continued on page 19 »

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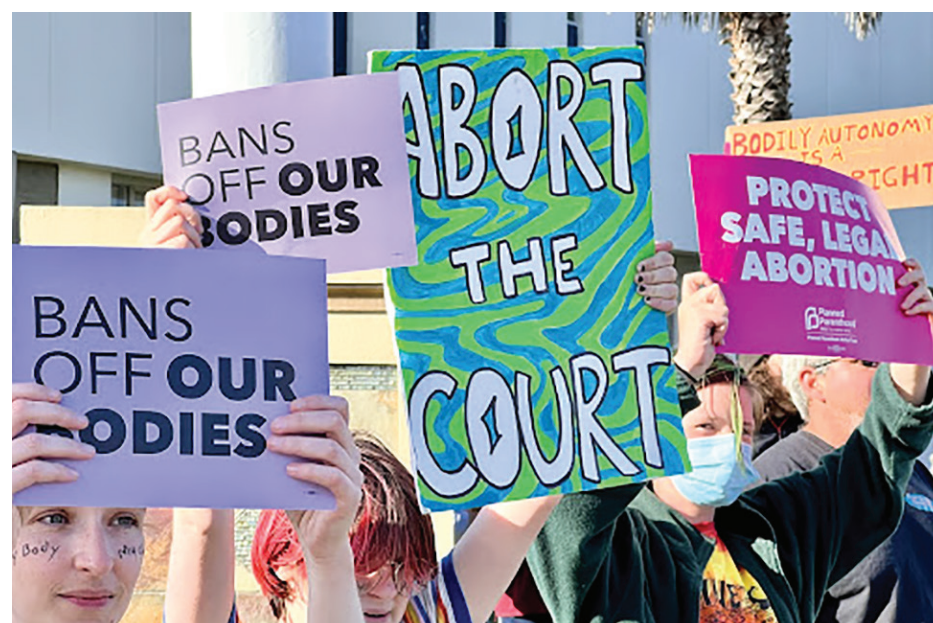
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NCJ ON THE COVER

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Pro-choice protesters assembled at the Humboldt County Courthouse after the U.S. Supreme Court overturned *Roe v. Wade* in June.

File Photo

again, available appointments depend on the flexibility of Planned Parenthood, its roster of providers and the current local demand for abortion services.

If a Humboldt County resident needs to travel out of the area for an abortion past the 14-week mark but can't afford the traveling costs, there are several national, state and local funding sources available to help.

National and state funding resources can be found at abortionfunds.org. In the U.S., people are able to get help with affording an abortion and other costs through various organizations, including the Indigenous Women Rising Fund, the National Abortion Federation Hotline, The Brigid Alliance and the Women's Reproductive Assistance Project (WRRAP).

In California, organizations like Access Reproductive Justice and the Women's Health Specialist Women in Need Fund are also able to assist people with covering the costs of accessing care. Access Reproductive Justice can be reached at (800) 376-4636 (en Español (888) 442-2237) or at info@accessrj.org. Women's Health Specialist, which operates several clinics in rural eastern California cities like Redding, Chico and Grass Valley, can be contacted at (800) 714-8151.

Locally, the Humboldt Health Foundation, which partners with the Humboldt Area Foundation to improve the health and well-being of the residents and communities of Humboldt County, offers an "Angel Fund" that provides residents needing medical services (including abortion services) outside of Humboldt County, with transportation funding.

Angel Fund grants range from \$25 to

\$300 and are awarded on a one-time basis per person, per 365-day period. A sponsor like a recognized social service agency, school counselor, medical provider or case manager must apply on behalf of the patient to be considered for the grant.

According to Humboldt Health Foundation's website, the sponsor will then help administer the funds, which are not provided directly to the applicant, with the exception of medical travel grants.

Even though Humboldt County is in California, where the constitution protects the right to personal reproductive care, abortion health care services are limited, with only one clinic offering them on a limited basis. It may take some time to see any additional services in abortion care locally, but Ervin said she hopes Open Door Health clinics may one day be able to offer them, broadly expanding local access to its 55,000 patients.

"We're hoping — depending on what happens with the state and perhaps the federal government — that we can provide those medications to our patients, and maybe one day provide the procedure to our patients," Ervin said.

As a reproductive healthcare professional, Ervin deems abortion an "essential" healthcare service, and wants to ensure it is easily available to all Humboldt County residents who need it.

"To me, you're providing a necessary service — it's all about women's lives," she said. ●

Iridian Casarez (she/her) is a staff writer at the Journal. Reach her at (707) 442-1400, extension 317, or iridian@northcoastjournal.com.

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state's Supreme Court found (in *People v. Belous*) that women have a fundamental right to choose whether to bear children under both the California and United States constitutions.

Roe V. Wade

In May of 1970, "Jane Roe," an unmarried woman who wanted to safely end her pregnancy, filed a lawsuit against Texas District Attorney Henry Wade claiming that abortion laws were unconstitutional. Though the case took two and a half years to resolve, on Jan. 22, 1973, the U.S. Supreme Court ruled in Roe's favor, declaring women had a constitutional right to abortion under the 14th Amendment.

This milestone event paved the way to better and safer universal abortion access, though the challenges were not over. Though many doctors estimated legal access to abortion reduced maternal mortality by 50 percent, anti-abortion activists continued to protest access and many — especially conservative and/or isolated communities — had limited or no access to care. These barriers, however, gave rise to some unexpected pro-choice supporters. On Oct. 24, 1976, the *Times-Standard* reported that Rosalynn Carter and President Jimmy Carter, both ardent Christians, supported the right to choose after they witnessed the effects of illegal abortions in Georgia and "saw women whose bodies were permanently damaged by illegal operations in abortion mills."

History Repeats

Roe V. Wade was overturned on June 24 and many states have taken advantage of the ruling. According to the *New York Times*, as of Jan. 6, 13 states had fully banned abortion and Georgia limits access to women who are less than six weeks pregnant. These recent changes have ignited concerns that maternal deaths will rise again as desperate women turn to now-illegal, unlicensed and unregulated abortion providers. ●

Lynette Mullen (she/her) is a Humboldt County-based writer and historian. Visit preservinghistories.com to learn more.

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NCJ ON THE TABLE



Wakara Scott, Charley Reed and Mark "Bubba" Riggins at the first salmon pit at Wiyot Plaza.
Courtesy of the Rou Dalagurr Indigenous Food Sovereignty Lab

'Everybody Works Together'

Teaching Native foodways to heal local youth

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

The link between teaching young Native people to process and cook acorns and addressing substance abuse in their communities might not be readily apparent, but the folks at Cal Poly Humboldt's Rou Dalagurr Indigenous Food Sovereignty Lab know it's there. Now the lab, born from a class project and community fundraising, is central to the Indigenous Futures Program and Traditional Ecological Knowledge Institute's \$1 million grant from the Elevate Youth California: Youth Substance Use Disorder Prevention Program.

Research assistant for the lab Karley Rojas explains, "The reason why substance abuse is so high in Native communities is colonization and the forced separation from Native communities and

their traditional foodways," she says, adding that "creates a huge void." Before the arrival of white settlers, the Karuk, she notes, would eat 450 pounds of salmon per person per year. Salmon is viewed not only as a food staple, but as a relative fundamental to the spiritual, physical and mental health of Native people, not just in terms of the sustenance from consuming the fish, but caring for the land and the rivers. Through the damming of rivers and criminalizing fishing, settler colonialism forcibly disconnects Native people from their foodways. "Trying to fit in a world that doesn't support [those cultural practices] contributes to substance abuse."

Lab Co-Director and Native American Studies Department Chair Cutcha Risling Baldy (who is an occasional contributor

to the *Journal*) has witnessed the impact of cultural food practices on Native youth in her work on the Acorn Wellness Program, a five-year study with Two Feathers Native American Family Services funded by the California Department of Public Health. "What I've seen is [youth] understand the connection between not just physical wellness, but what it takes to be a healthy person," she says. "There's something really physical about engaging with food ... that helps them connect 1,000 years ago to today. ... It expands their understanding of their cultures."

With the grant funding, Risling Baldy and Kaitlin Reed, co-director of the lab and an assistant professor of Native American studies, are building a curriculum for the Food for Indigenous Futures Program based on needs the community, particularly young people, have voiced, including a health class that connects to local Native traditions, substance abuse intervention and youth camps. Funding will also cover necessary staffing, hosting youth at camp and classes, transportation and consulting experts. It will also support the Indigenous Food Festival in November, which will feature Native businesses, speakers and people sharing traditional foodways. The Rou Dalagurr (the Wiyot term for "everybody works/comes together") Food Sovereignty Lab is integral to those plans and Risling Baldy and Reed's study of the program's progress and outcomes.

In 2019, students Carrie Tully and Cody Henrickson worked on a group project for their Indigenous natural resources class that grew into the proposal for the lab. When their application for a space and resources to build the lab was initially rejected by the university senate, they dug through the bylaws to find an appeals process. The appeal came with more than 100 letters of support from the Humboldt community, including tribal leaders. While

Cal Poly Humboldt eventually agreed to the space, it offered no funding, so students raised \$250,000 to renovate a defunct café's interior to create a kitchen for gathering and teaching traditional foodways, as well as an outdoor space recently designated Wiyot Plaza, which includes a salmon pit. Including this most recent grant, the lab has raised upward of \$1.5 million.

Rojas rattles off a list of harrowing statistics revealing what Native youth are up against in Humboldt, including that in our county, tribal reservation areas are ranked highest on the Intercity Hardship Index, which takes into account socioeconomic factors contributing to health disparities, like "alcohol and drug overdose and suicide." And in 2010, while Indigenous people made up 7 percent of Humboldt's population, they accounted for 20 percent of juvenile detention admissions, according to the Humboldt County Juvenile Probation Department.

Repairing the damage to Native communities through food makes sense to Risling Baldy, given how settler colonialism targeted foodways as a method of attack. "They go after the foods. They go after Indigenous foods," she says, explaining how the Bureau of Indian Affairs contemplated eradicating oak trees to destroy a food staple and its attending cultural practices. Teaching a new generation to process, cook and eat acorns is to pass on traditional ecological knowledge (TEK) and connect Native youth to the land, community and each other.

"It takes a full year, more or less, to process acorns," says Rojas. "TEK cannot be broken apart into pieces. And it cannot be separated from the place ... you cannot separate an acorn from the people that gather and the health of the trees and rivers and the salmon. ... You also can't separate the people from the land and expect the community to be

healthy or the people to be healthy."

The reconnection to Native foods is powerful, says Risling Baldy.

"It took a lot of violence to separate us from our food practices," she says, adding work at the lab and in the Native Futures Program is the continuation of the ongoing resistance of Native people and an example for other communities of not only about how to care for each other and preserve foodways, but the environment as well. "If the question is, 'What are we supposed to do now,'" in terms of food, the environment and climate change, "that's really going to come from Indigenous knowledges."

The Food for Indigenous Futures Program, she says, is a chance to "show everyone what climate resilience is going to look like and what climate justice can be." ●

Jennifer Fumiko Cahill (she/her) is the arts and features editor at the Journal. Reach her at (707) 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Instagram @JFumikoCahill and on Mastodon @jenniferfumikocahill.



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NCJ GET OUT

A New Year in Birding

By Sarah Hobart
getout@northcoastjournal.com

The start of 2023 — earthquakes, torrential rain and bomb cyclones notwithstanding — has been an exciting time for birders. It begins with the ritual of that very first bird of the year. What will it be? For me, it was a tie between two birds: an American robin and a hermit thrush, both alighting in tandem practically at my feet as my dog and I were strolling around the neighborhood. Pretty cool birds to kick off the year after a string of dark birds, including last year's common raven and the prior year's turkey vulture.

And then there are the lists. Many birders keep a life list — a record of every species they've seen — and it's also fun to keep a yard list of birds that visit, fly over or call within hearing distance of your property. You might be surprised at the variety of birds that surround you once you start keeping track.

But there are also yearly lists that revert to a blank slate on Jan. 1. Recently I've started keeping one for Humboldt County, hoping to see a few more of the county's 489 recorded species by year's end. A goal can provide a little extra motivation to push past the obstacles many of us face, myself included. In 2022, I topped my previous best by a decent margin because I'd made a resolution to visit places in the county I'd never seen before, places that were remote, lovely and populated by birds entirely different from those I usually see. This year I hope to go even further afield.

Maybe you made a resolution this year to spend more time in nature. Birding is a great way to do that. It offers a front-row seat to a world that's both wild and accessible and a glimpse into the lives of creatures that are stunningly beautiful — even the ravens and turkey vultures. It's available for people of all abilities and mobilities. It's as inexpensive as you want to make it. And it just feels good.

I've fallen into the habit of doing a little birding every day, rain or shine. Some days it's as simple as checking in with the birds that visit my feeder. (I confess I've named a few of the regulars.) It's become a way of connecting with something greater than myself and pausing to take in the almost miraculous ethos of birds. In between moments of high excitement, there's a



Turkey vulture.
Photo by Sarah Hobart

meditative element of birdwatching that promotes a sense of peace, calm and joy.

Science agrees. Studies have shown that a little time with the birds has big benefits in terms of reducing stress and anxiety, lowering blood pressure and boosting "feel-good" hormones. During the early days of the pandemic, birding surged in popularity and remains a favorite hobby of millions of people. It coaxes them outdoors, even if it's just as far as their back decks. Often it takes them farther in search of a greater variety of bird species. And it connects birders with other birders through nature walks, chance meetings over a rare bird or social media. It helps people find their flocks.

There's some evidence, too, that birding boosts cognitive skills like learning, memory and focus. The world of birds is full of an infinite variety of colors, patterns, shapes, sizes and sounds. Each sighting is a little mystery to solve, sifting through clues and eliminating suspects until one is left. It's terrific exercise for our brains. Learning to differentiate bird species by sight or sound helps build new neural pathways and increase memory capacity. While it's true I occasionally mix up the names of my two children, pick any bird from my life list and I can tell you precisely when and where I first saw it, and under what circumstances. Move over, Sudoku.

If you've thought about trying birding or are already a beginning birder, eBird — an online database created by the Cornell Laboratory of Ornithology — is a fantastic tool to help you get started, maintain your lists, sharpen your skills and teach you even more about

these amazing avians. Creating an account at ebird.org is free, and when you record your sightings, you become part of the millions of citizen scientists who provide important data on population trends and distribution of bird species. Plus, it's chock-full of useful resources. Want to see your first American dipper, an amazing little aquatic songbird that walks underwater in rushing streams? eBird can tell you where to find one.

Once you start spending time with the birds, you'll learn quickly that their numbers are declining. So, the data you collect when you submit a checklist makes a difference — you're part of something positive. Maybe you'll be inspired to do even more. You don't have to be a scientist, an athlete or an heiress. You just have to care.

Give birding a try. Because caring about something is a surefire way to feel good. ●

Sarah Hobart (she/her) is a freelance writer based in Humboldt County.



An American robin.
Photo by Sarah Hobart

My Grand Uncle Leon

By Thadeus Greenson

thad@northcoastjournal.com

I never met my grand uncle Leon, at least not that I can recall. He died when I was 9 years old and all I remember knowing about the man was that he was a doctor and had married my grandfather's twin sister, Julie.

My great grandfather was a doctor in Coney Island, New York, who, according to stories passed down through my family, treated the poor in his neighborhood, accepting what they could offer for his services, sometimes coming home with a basket of eggs or a chicken after a day's work. Once asked what he charged for a visit, he is said to have scoffed, saying, "I'm a doctor, not a butcher." His son — my grandfather — became a psychiatrist and his daughter married Leon Belous, a Russian immigrant and prominent doctor of obstetrics and gynecology in Southern California.

For reasons I don't know, Julie's family and that of my grandfather had become estranged. So, it was utterly out of the blue when two days after the U.S. Supreme Court's decision in June overturning *Roe v. Wade*, an email appeared in my inbox from my uncle with the subject line: "Leon Belous' fight for abortion."

The email linked to a June 24, 2022, *Los Angeles Times* article by Brittny Mejia headlined, "How a Californian's Illegal Abortion Paved the Way for Roe." I sat transfixed as I read an unknown — at least to me — chapter of my family history, one that's a critical chapter of California and United States history and in the fight for the right to choose.

Belous, I read, had not just been a prominent doctor but a then-rare unflinching advocate for abortion rights. He wrote letters to the editor at prominent newspapers, spoke on panels and lobbied the state Legislature to change the law. He was jailed and convicted for conspiring to commit abortion, and endured a campaign of death threats and harassment as he appealed that 1967 conviction all the way to the California Supreme Court. In 1969, it overturned both my grand uncle's conviction and state laws outlawing abortion, finding the right to privacy implied under the 14th Amendment of the Constitution protected abortion as a fundamental right. According to the *Times*, it was the first time a high court anywhere in the country had ruled on the constitutionality of an abortion statute and set the foundation for the Texas case of "Jane Roe" that legalized abortion nationwide four years later.

According to the *Times*, during a 1963

forum at which he was a panelist, Belous relayed the story of his first patient, a poor, 24-year-old woman with an alcoholic husband, three children and an unwanted pregnancy, who he said, "left my office and ended in a grave." He said she paid \$50 for an abortion from someone "who wasn't a doctor" and who punctured her uterus, damaging her bowels, leading to a fatal case of blood poisoning, according to the article.

Abortion rights advocacy soon became his life's work.

"At present, we have no place where a woman can come for help," Belous said at the forum, according to the *Times*. "She is rejected by society and the medical profession. In her hour of greatest need, she is forced to hunt for a quack abortionist on her own."

The following year in a letter to the *Times*, he described unwanted pregnancies as a social disease that needs to be treated as such, writing, "These women are not criminals, they are human beings entitled to protection instead of being 'thrown to the wolves.'"

It was this outspoken advocacy that landed Belous on the radar of Cheryl Bryant and Clifton Palmer, a young couple who were "poor as church mice" and still in college, studying to become a teacher and a school psychologist, respectively. They'd seen Belous advocating for abortion rights on a television show and tracked him down, looking for help procuring an abortion.

Belous initially refused, telling the couple he was trying to change the law, not break it. But after Cheryl reportedly told him they would cross the border into Mexico to get an abortion in Tijuana, he reconsidered, knowing the terrible risk that would mean. (At the time, about 36 percent of maternal deaths in Los Angeles County were due to illegal abortions, with at least 2,500 women hospitalized in their aftermath in 1966 alone, according to the *Times* article.)

Belous agreed to see the couple and then connected them to Karl Lairtus, a Mexican doctor living in Los Angeles whom Belous had seen perform "skilled and safe" abortions in Tijuana, according to the *Times*, and prescribed Cheryl a course of antibiotics to start after the procedure. When the couple arrived at Lairtus' apartment on May 10, 1966, it was already under police surveillance. Lairtus was arrested immediately following the abortion and his records led police to Be-

lous, who was arrested at his Beverly Hills office that same afternoon. To this day, Cheryl believes Belous saved her life.

The ensuing years, when he was tried and convicted and then appealed his case to the state Supreme Court, reportedly took a tremendous toll on Belous. He received death threats and harassing phone calls incessantly, and anti-choice terrorists threw rocks with threatening messages attached to them through the front window of his family home with such regularity that Julie reportedly made a center piece of them on the dining room table. In his lowest moments, he contemplated suicide.

By the time *Roe* became the law of the nation, Belous had retired.

The *Times* story detailing my grand uncle Leon's role in the ongoing fight for abortion rights came flooding back to me in recent weeks as I worked to edit this week's cover story and sidebar, which detail the limitations to abortion access here on the North Coast and Humboldt County's grisly history of illegal abortions, respectively.

As I read Lynette Mullen's report of the unscrupulous men who butchered pregnant women for profit, I thought of people like Leon — good doctors who have taken an oath to care for their patients but must choose between sending them to the proverbial wolves or becoming criminals themselves. Sadly, it's a decision countless doctors now face anew, thanks to the votes of five Supreme Court justices and male-majority legislatures in 13 states.

I'm reminded of one of the last letters my grand uncle sent the *Times*, according to the report. It published in 1978, 10 years before his death, and addressed a vote of the California Legislature to prohibit the use of Medi-Cal funds on abortions.

"When I read about the cowardly and barbarous act of our Legislature again forcing poor women into the crematoria of abortion mills with all their deadly implications, I was thrown in the deepest depression," he wrote.

Leon Belous' life's work aiding the fight for women's right to control their own bodies isn't over. As William Faulkner wrote, "The past is never dead. It's not event past."

Thadeus Greenson (he/him) is the Journal's news editor. Reach him at (707) 442-1400, extension 321, or thad@northcoastjournal.com.



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Wytch Wellness™

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

Everyone wishes there was a magic potion for wellness and at Wytch Wellness™, there is! If you're ready to commit (for eternity), we can help you transform your life, ditch stress, sleep better and feel good in your skin (or whoever's). Our program is no fly-by-night fad, either; it's backed up by centuries of expertise. And some flying by night.

Sadly, in 15th century Europe and the Colonies, wise women and healers, most of whom weren't even real witches, were vilified and tortured, then drowned, hanged or burned alive. On the bright side, through luck and treachery, our grandmothers' grandmothers survived and passed on their knowledge of herbology, rituals, spirituality, nutrition, demonology and skincare so we can share it with you for a small initiation fee (and monthly membership dues). Welcome to the Wytch Wellness™ Coven.

Maybe you've tried manifesting, aromatherapy or traditional herbal medicine. Great! But sometimes you need something stronger than a vision board, essential oils and grassy tea. Make no mistake, Wytch Wellness™ is straight-up witchcraft, and we don't mean the gentle contemporary paganism of your Wicca cousin with her flowy tops and statement jewelry. Nor is it all-flash/no-results Satanism or it's insufferable book-club cousin *The Secret*. Wytch Wellness™ is a soul-damning system of linking your essence to dark and malevolent forces in exchange for unfettered power,

unnaturally long life, eerily glowing skin and balanced gut bacteria.

Once you prick your finger and sign up for one of our packages — six-months, one-year or our all-inclusive Until the Debt That is Owed is Paid in Flesh package — you'll have access to our Wytch Workshops™, one-on-one Coven Coaching™ (in person or via Zoom) and exclusive experiences at the Dwelling, a once-abandoned castle deep in an undisclosed forest clearing you can only find if you bring a jagged branch of white ash and a hoofed animal you're not super attached to.

We get it: You've done every cleanse, fast and diet out there, but none of them work long term and you feel powerless. If you're tired of diets failing and hating your body, join us at the Dwelling, where we'll take you back to basics with a jump-start lunar cycle spent eating foraged herbs, mushrooms, charred offerings and a fermented reptilian egg — well, let's call it a "smoothie" — specially prepared by an artisan hag under a Blood Moon. Your weight won't change but you'll be too busy communing with a pack of wolves to care. You won't even have to cut carbs.

Stop punishing yourself with exercise. Instead, add joyful movement to your daily life, like dancing naked around a fire in the woods to summon dark forces. Work on essential core strength by maintaining a plank position while you levitate above a circle of your sisters with your eyes rolled

back in your head like a pair of boiled eggs. Yoga is cool but does triangle pose send a bolt of cosmic power through you, allowing you to see into the hollow, cracked hearts of men, into whom you can extend a tendril of your darkness and lay poisons or salves as you will?

Typical “wellness” companies talk a big game about empowering women, all while touting methods to shrink our bodies and our pores, to wear us away like soap until we’re as small and smooth as possible. What if, instead of diminishing, you grew into a massive braid of thorny vines twisting skyward as your roots cracked the earth below? At Wytch Wellness™, we understand your journey is about so much more than achieving a “beach body.” It’s about summoning a lightning storm over that beach, cackling into the blackened skies and vanishing in a burst of ravens. It’s about building the body you’ve always dreamed of, reanimating it and sending it into the night to do your bidding.

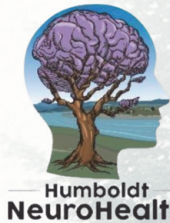
Which is not to say we at Wytch Wellness™ don’t enjoy beauty rituals and holding those who would seek to control us in thrall to our glamor. Say goodbye to tired, puffy eyes by microdosing deadly nightshade for the deep, dreamless sleep of the dead. Delve into our secrets for pampering, moisturizing and preserving your mortal coil with natural ingredients like shea butter and the blood of the innocent — after all, you’ll need this husk for the next century or so before swapping it out. You’ll not only have hauntingly bright feline eyes that pierce the dark and perpetually windswept hair, but you’ll truly own your strange and terrible beauty.

So many in our Coven™ came to us exhausted after going from doctor to doctor for a draining mystery ailment and pain nobody takes seriously. The bad news is Wytch Wellness™ may not be able to diagnose you either, no matter how many runes and still-warm entrails we scry on your bare belly. But we can teach you to transfer your chronic pain, digestive problems and mysterious blackouts to the enemy of your choice. (Disclaimer: Unfortunately, due to high demand, Andrew Tate and Matt Gaetz are not currently available.) We’ll also share how you can send a plague of boils to healthcare providers who dismiss you with phrases like, “Sounds like stress.”

Stress will be a thing of the past, too. You’ll learn to make your own potions to balance your mood and come down after wreaking havoc on those who dare oppose you. And there’s nothing like the inner peace that comes from being in tune with the Elements, humming with awesome power, and seeing your enemies ground into bone meal and scattered by the winds now at your command.

Sign your blood oath in our Black Book now to get started on your Wytch Wellness™ path today. Start living your first best life and frightening the holy hell out of everyone else. ●

Jennifer Fumiko Cahill (she/her) is the arts and features editor at the Journal. Reach her at (707) 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Instagram @JFumikoCahill and on Mastodon @jennifermikocahill.



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Neither Saint Nor Cynic

By Collin Yeo

music@northcoastjournal.com

In an attempt to better understand the ancient world (which, for the purpose of this article, I will define as any period before my brain came online in the late 1980s), I have been reading about the philosophy of the Cynics of Greece. So far as I can tell, their prime character, Diogenes of Sinope, mostly trafficked in contrarian takes in the form of vulgar aphorisms and rude attitudes toward the ruling class of his time. In that respect, the shallow anecdotes about his philosophical crapulence resembles my own attitude toward writing this column, and much of my unfortunate social media presence. Crude and vulgar asceticism does seem attractive in a world built by wealthy psychopaths on a teetering pile of exploitation and murder. Looking deeper, though, and there is a deep humanity and blind longing within the lives of these contrarian shitheads, perhaps no better on display than in Lucian's work on the life of Peregrinus Proteus, a man who threw himself on an Olympic funeral pyre in a successful bid to permanently rid himself of the madding crowd. And while I might have preferred to remain among the early Christian communities of the second-century Roman Empire, his expulsion from those groups does make sense in light of his self-destructive, anti-authoritarian heresies. I'm certainly no saint but neither am I a Cynic, despite my pleasure at Diogenes' reported rudeness toward Alexander the Great and Plato, the latter of whose Socratic dialogues I prefer to the caperings of this man from Sinope, on balance. Still, I have a fondness for the rebels, misfits and assholes of history. And anyone who is remembered for public masturbation ("If only rubbing the stomach could relieve hunger pains so easily") and farting (the last pagan emperor of Rome, Julian, considered Diogenes' behavior in this regard as an act designed to contrast his natural humanity with the truly disgusting actions of the ruling classes) is worth paying attention to, in my opinion. What does any of this have to do with live music? Nothing really, or perhaps everything, as while I do keep my onanism and flatulence private (as much as is possible), I am required to travel among a variety of

shows and settings with different social expectations, all the while maintaining my own personal consistency. Listening to the works of over a thousand artists a year without losing a sense of one's self requires some of the piercing clarity found all over the lives of these weirdos. That's my takeaway for the week. You can always pick up a copy of the Penguin Classics book on the Cynics and figure it out for yourself. Have a good week.

Thursday

I guess his inaugural gig must have gone well because **Oryan Peterson-Jones** is back at the Humboldt Bay Social Club for a free set of acoustic Americana primitivism at 6 p.m. tonight. Seems like a good spot for his music; hopefully this becomes a regular gig.

Friday

An all-ages Goth Night at Synapsis, put on by **DJ DastBunny**, is on the ledger for tonight's entertainment. **DJ Zero One** of Radio Clash fame is also onboard for this event, which is an outfit and costume-encouraged affair in an environment that is perfectly suited for the dark theatricality of goth culture. The dance starts at 7 p.m., 17 and under get in free, all adults pay a mere \$5. Viva.

Saturday

Singer-songwriter **Will Sheff**, the central figure and sole original member of Austin's **Okkervil River**, brings his baroque folk and pop act to the Arcata Theatre Lounge tonight, presumably with a new(ish) cast of backing musicians on deck. Also on the bill is New York City's **mmeadows**, featuring Kristin Slipp from Dirty Projectors and Cole

Kamen-Green, who cut his teeth collaborating with the likes of Beyoncé and Taylor Swift. This will be the week's Big Gig, so if that is of interest to you, plan your evening accordingly starting at 7 p.m. (\$24, \$20 advance).

Sunday, Chinese Lunar New Year

Two 3 p.m. matinee gigs are happening today, both which more or less fall under the banner of "high" art. If you missed the main concert yesterday evening at Calvary Lutheran in Eureka, fear not, you still have a chance to catch a concert and conversation with **Trio Duende**, a world class chamber music group, at the Lutheran Church of Arcata (\$20, \$5 students). Meanwhile, over at the Morris Graves Museum of Art, **Paula Jones and Friends** are presenting an afternoon of jazz music. The suggested donation prices are \$5 for the general population, \$2 for students, seniors and museum members. Free for youngsters and those on EBT.

Monday

Another quiet night on the oceanside prairie, as I am told the next installment of Savage Henry's Metal Monday isn't hitting until mid-February. My advice? Curl up with a sweetie. For those of you without one of the human variety, I have in the past enjoyed the company of cats, books, old movies (I just watched Casablanca last night) and even my memories. I have a particularly good one involving a juvenile alligator and a hookless fishing bob in Bayou St. John.

Tuesday

The timing couldn't be better for tonight's performance at the Van Duzer

Theater by the **Peking Acrobats featuring the Shanghai Circus**, as we have just this Sunday passed the torch from the Year of the Tiger to the Year of the Rabbit. 7 p.m. (\$39, \$20 children). The heady mix of gravity-defying acts, complemented by beautiful costumes and live music, will allow the audience to enjoy a space outside of time and the drab prevailing cultural norms of Northern California.

Wednesday

Singer, songwriter and mandolin player AJ Lee fronts (what else?) **AJ Lee & Blue Summit**, a bluegrass band that has spent the time since its inception in 2015 building up a fanbase, first in Santa Cruz and the Bay Area, and onto the world of international touring. I can certainly see why the group has been growing its profile so successfully, as the sound is accessible, with well-crafted songs that are not bogged down by the less desirable (for casual listeners) of bluegrass: There is very little in the way of fiery twang and fingerpicking excess. Melody, harmony and songcraft are the main engines here. See for yourself tonight at 7:30 p.m. at the Old Steeple, my favorite cemetery-adjacent venue since I left New Orleans (\$30, \$25 advance).

Collin Yeo (he/him) would like to mention that when faced with possible prosecution for his crimes, the former president of Brazil fled to America, an even better country than his homeland if you're a fascist hoping to die of old age. He lives in Arcata.



Duende Trio plays Calvary Lutheran in Eureka on Saturday, Jan. 21 at 7:30 p.m. and the Lutheran Church of Arcata on Sunday, Jan. 22 at 3 p.m. Photo courtesy of the artists

Calendar Jan. 19 – 26, 2023



Claire Bent (left) and Paula Jones. Submitted

Couple of great local jazz shows this weekend that you won't want to miss. Westhaven Center for the Arts presents its Third Friday bi-monthly jazz series, featuring RLA jazz trio and various guests. This Friday, Jan. 20, catch **RLA w/Claire Bent** at **7 p.m. at Trinidad Town Hall** (\$10-20 sliding scale). Bent's powerhouse energy and the smooth stylings of veterans Tim Randles (piano), Ken Lawrence (bass) and Mike Labolle (drums) will have you dancing all night. Doors at 6:30 p.m. Snacks and drinks available. And on **Sunday, Jan. 22**, treat yourself to **An Afternoon of Jazz with Paula Jones & Friends** from **3 to 5 p.m. at Morris Graves Museum of Art** (\$5, \$2 students/seniors/military, free for museum members, children under 18 and families with an EBT card). In the words of Ms. Jones herself: "Listeners can expect well-dressed performers, movement, dance, spirituality and an abundance of gratitude. We will present a mix of jazz and R&B, and the audience will hear this music performed in a kind of stream of consciousness style; each song is taken as a vehicle for free interpretation." Snap. Snap. Snap.



Home Cookin', submitted

And the beat goes on ... **Saturday, Jan. 21**, tighten the laces on your dancing shoes for **California Poppies and Home Cookin': A Playhouse Benefit Show**, happening at **7 p.m. at Arcata Playhouse** (\$20). Two local bands playing very danceable music for a good cause. We like it. The California Poppies serve up originals with a blend of 1960s nostalgia and modern psychedelia. Home Cookin' plays original tunes and rock standards. Show up and get down.



Peking Acrobats. Submitted

The circus is coming! Get ready for an evening of awe-inspiring family fun with the amazing **Peking Acrobats Featuring the Shanghai Circus**, **Tuesday, Jan. 24 at 7 p.m. at Van Duzer Theatre** (\$20-\$39). Sit right down and behold edge-of-your-seat excitement as professional performers dazzle you with acrobatic feats, trick-cycling, precision tumbling, juggling, somersaulting and gymnastics accompanied by live musicians playing traditional Chinese instruments. Get tickets at centerarts.humboldt.edu.

19 Thursday

ART

Figure Drawing at Synopsis. 7-9 p.m. Synopsis Collective, 1675 Union St., Eureka. With a live model. Bring your own art supplies. Call to contact Clint. \$5. synopsisperformance.com. (707) 362-9392.

Thursday Night Art. 4-7 p.m. The Sanctuary, 1301 J St., Arcata. Bring your own supplies or use what's around to collage, paint, draw, make an art book. Bring an instrument to jam in the Great Hall. Free, \$5-\$20 donation appreciated. sanctuaryarcata.org.

BOOKS

Beelzebub's Tales to His Grandson Radio Hour. 10-11 p.m. This week we continue reading G.I. Gurdjieff's *All and Everything (Second Series)*: "Meetings With Remarkable Men," Episode 1: Chapter 1 (Part 2): Forward and Introduction. Free. rybopp@suddenlink.net. HumboldtHotAir.org. (707) 826-7567.

COMEDY

Hey, That Reminds Me! 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Jessica Grant hosts a nostalgia-themed show where comics reminisce and riff off a topic from the day. Featuring Jay Reeder, Jason Merritt and a surprise guest. \$10. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Jackbox Night. 6-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Local stand-up talent rotate as your comedic host. You only need your smart phone or device to play. Free. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

MUSIC

Live Music: Tristan Norton. 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Enjoy Tristan Norton solo and unplugged. free.

McKinleyville Community Choir Rehearsal. 6:30-8:30 p.m. Lutheran Church of Arcata, 151 E. 16th St. Join if you like to sing or play an instrument. Reading music or prior experience not necessary. Rehearsals are every Thursday evening. cgreene46@gmail.com. (831) 419-3247.

THEATER

The Madwoman of Chailot. 7-9 p.m. Gist Hall Theatre, Cal Poly Humboldt, Arcata. Jean Giraudoux's drama performed by The Northcoast Preparatory Academy's Young Actors Guild. Countess Aurelia seeks to inspire the populace of Paris to battle corrupt politicians and prospectors planning to drill for oil under the city. \$10. bcataldo@northcoastprep.org. npayoungactorsguild.com.

FOOD

Volunteer Orientation Food for People. 3-4 p.m. Virtual World, Online. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. foodforpeople.org/volunteering. (707) 445-3166, ext. 310.

ETC

Restorative Movement. 10:30-11:30 a.m. & 2-3 p.m. Virtual World, Online. SoHum Health presents classes focused on strength and mobility (Tuesday), and on relaxation and breath work (Thursday). Contact instructor Ann Constantino for online orientation. \$3-\$5 donation per class, no one is turned away for lack of funds. annconstantino@gmail.com. sohumhealth.org. (707) 923-3921.

DJS

Throw 'Em Back Thursdays. Third Thursday of every month, 9 p.m. Wave Lounge, Blue Lake Casino, 777 Casino Way. DJ Statik spinning throwback, hip hop and R&B. Free. bluelakecasino.com/entertainment/wave.

OTHER

Reel Genius Trivia at Scotia Lodge. 6-8 p.m. Scotia Lodge, 100 Main St. General trivia for everyone on the first and third Thursday of the month. Family friendly, free to play. Max 7 players per team. Fun format with prizes for winners. partners@reelgeniustrivia.com. fb.me/e/2umTGMlfp. (707) 601-1606.

OPEN MIC

Blondies Open Mic. 6 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Share your gifts. Free. blondies-foodanddrink.com.

Siren's Song Open Mic. 7 p.m. The Siren's Song Tavern, 325 Second St., Eureka. Step up to the mic. Free.

KARAOKE

G.O.A.T. Karaoke at the Goat. 8:30 p.m. Richards' Goat Tavern & Tea Room Miniplex, 401 I St., Arcata. Supportive atmosphere, more than 45,000 songs to choose from, all skill levels welcome. Two-drink minimum purchase at the bar. Age 21 and up. info@miniplexevents.com. instagram.com/richardsgoat/. (707) 630-5000.

20 Friday

COMEDY

37* Josh Barnes Live Album Recording. 8-9:30 & 10-11:30 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. With quips and long-form joking this stand-up will have you wanting more. Featuring local talent and recorded live at Savage Henry Comedy Club. \$10. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Home Improv-ment. 7 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Hosted by Stephanie Knowles with no pressure, just fun and a chance to try something out of your comfort zone. Free, donations accepted. savagehenrycomedy.com. (707) 845-8864.

Please Don't Leave. 11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Scott Hoyle runs this improv-based comedy show with a rotating panel of the best local comedians and touring comics. \$5. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

MUSIC

Friday Night Jazz. 7-10 p.m. The SpeakEasy, 411 Opera Alley, Eureka. Live local jazz with the Opera Alley Cats. Free. elvisatemydonuts@hotmail.com. (707) 444-2244.

High Heat with Friends of Sound and Pandemonium Jones. 9:30 a.m.-1:30 p.m. North Of Fourth, 207 Third St., Eureka. The first installment of North of Fourth's all-vinyl dance party, hosted by David Haffner (Friends of Sound) and Pandemonium Jones. \$5.

Kenny Bowling. 9-midnight. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Country music. Every Friday.

Live Music. 6-8:30 p.m. Fieldbrook Market & Eatery, 4636 Fieldbrook Road. Every Friday, local bands play folk, bluegrass, Americana. Always family friendly. Check Facebook

or Instagram for updates on who's playing. Free. fieldbrook-market@gmail.com. (707) 633-6097.

Opera Alley Cats. 7-10 p.m. The SpeakEasy, 411 Opera Alley, Eureka. Professional-level jazz twice a week with cool vibes and great people. Free. thespeakeasybar@yahoo.com. facebook.com/speakeasyeureka. (707) 444-2244.

President Brown, Irie Rockerz. 9 p.m. Humboldt Brews, 856 10th St., Arcata. Jamaican roots reggae. \$25. humboldt-brews.com.

RLA w/Claire Bent. 7 p.m. Trinidad Town Hall, 409 Trinity St. Westhaven Center for the Arts kicks off its third Friday bi-monthly jazz series. Doors at 6:30 p.m. Snacks and drinks available. \$10-20 sliding scale. westhavencenter.org. (707) 834-2479.

THEATER

The Bremen Town Musicians. 7-8:30 p.m. EXIT Theatre, 890 G St., Arcata. Follow four aging farm animals navigating colorful challenges. Performed with mask, mime, homespun music and dialogue. \$15, \$10 children under 12. mail@theexit.org. theexit.org/. (415) 203-2516.

The Madwoman of Chailot. 7-9 p.m. Gist Hall Theatre, Cal Poly Humboldt, Arcata. See Jan. 19 listing.

FOR KIDS

Kid's Night at the Museum. 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3.5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20. info@discovery-museum.org. discovery-museum.org/classesprograms.html. (707) 443-9694.

GARDEN

Sea Goat Farm Garden Volunteer Opportunities. 10 a.m.-5 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. Help with animal care, weeding, watering, planting and occasional harvest help on Saturday mornings. Volunteers get free produce. flowerstone333@gmail.com. (530) 205-5882.

ETC

Public Skate. 6:30-9:30 p.m. Fortuna Skating Rink, Rohner Park. In the Firemen's Pavilion. \$5.50 ages 6 and over, \$3.50 ages 5 and under, \$2 non-skating adult or free w/ skating child.

Tabata. 5:30-6:30 p.m. Virtual World, Online. SoHum Health presents online classes with short, high intensity cardio workouts. Contact instructor Stephanie Finch by email for a link to the class. Free. sfinch40@gmail.com. sohumhealth.com.

OTHER

Reel Genius Trivia at Old Growth First and Third Fridays. Third Friday of every month, 6-8 p.m. Old Growth Cellars, 1945 Hilfler Lane, Eureka. General trivia, fun for everyone. Prizes for winners. Max seven people per team. Food truck on site. Free. partners@reelgeniustrivia.com. oldgrowthcellars.com. (707) 601-1606.

KARAOKE

Pretty Kitty Karaoke. 9:30 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. Hosted by Jamie Kohl of Little Red fame. Cash only. Ages 21 and up. Veterans welcome. Shuffleboard. PearceHansen999@outlook.com. facebook.com/profile.php?id=100082987501904. (206) 348-9335.

21 Saturday

COMEDY

Farm to Table: Late Night Comedy. 11 p.m.-1:30 a.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Baseball Robby curates this small batch artisanal stand-up comedy showcase. \$5. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

It's a Celebration: Josh Barnes & Friends. 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Josh Barnes gets his funny friends together so he can show them off in a comedy showcase. \$10. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

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811 I St. Arcata • 25 4th St. Eureka

NCJ CALENDAR

Continued from previous page

MUSIC

Bump Foundation. 9 p.m. Humboldt Brews, 856 10th St., Arcata. Funk and soul. \$10. humboldtbrews.com.

California Poppies and Home Cookin': A Playhouse Benefit Show. 7 p.m. Arcata Playhouse, 1251 Ninth St. The California Poppies play original music with a blend of 1960s nostalgia and modern psychedelia. Home Cookin' plays original tunes and rock standards. Bring your dancing shoes. \$20. info@arcataplayhouse.org, playhousearts.org/events/california-poppies-and-home-cookin-a-playhouse-benefit-show/. (707) 822-1575.

The Lost Dogs. 5-7 p.m. Mad River Brewing Co. & Tap Room, 101 Taylor Way, Blue Lake. Come out and dance to the local blues and R&B band. Free. madrivbrewing.com. (707) 668-4151.

Trio Duende: Mainstage Performance. 7:30-9 p.m. Calvary Lutheran Church, 716 South Ave., Eureka. Trio Duende (Awadagin Pratt, piano; Tom Stone, violin; Sophie Shao, cello) returns to the Eureka Chamber Music Series to perform works by Brahms, Schubert, Rachmanninof, Vasks and more. \$40/\$20. admin@eurekachambermusic.org, eurekachambermusic.org/up-next. (707) 273-6975.

Will Sheff, Okkervil River. 7 p.m. Arcata Theatre Lounge, 1036 G St. With support by mmeadows. All ages. \$20. arcatatheatre.com.

THEATER

The Bremen Town Musicians. 7-8:30 p.m. EXIT Theatre, 890 G St., Arcata. See Jan. 20 listing.

The Madwoman of Chailot. 7-9 p.m. Gist Hall Theatre, Cal Poly Humboldt, Arcata. See Jan. 19 listing.

FOOD

Arcata Plaza Farmers Market. 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Fresh produce, meat, fish, cheese, eggs, bread, flowers and more. Enjoy music (during the main season) and hot food vendors at this fun, family friendly event. Free. info@northcoastgrowersassociation.org, northcoastgrowersassociation.org/arcatapla.html. (707) 441-9999.

Sea Goat Farmstand. 9 a.m.-1 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. Fresh veggies grown on site, local eggs and sourdough bread. Work from local artists and artisans. flowerstone333@gmail.com. (530) 205-5882.

GARDEN

Sea Goat Farm Garden Volunteer Opportunities. 9 a.m.-1 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. See Jan. 20 listing.

MEETINGS

Sistahood. 9:30-11 a.m. Virtual World, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

OUTDOORS

Audubon Guided Field Trip. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and meet trip leader Bill Rodstrom at the end of South I Street (Klopp Lake) for easy-to-walk trails, a beautiful view of Humboldt Bay, and a diverse range of winter birds, including ducks, geese, shorebirds, raptors, loons, grebes and mergansers. Free. www.rras.org. 9-11 a.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Join Redwood Region Audubon Society and Cal Poly Humboldt waterfowl and wetlands lecturer for this waterfowl-focused walk. Dress warm and bring binoculars and a scope if you have one. Free. rras.org.

Beginning Birdwatching & Project Feeder Watch. Third Saturday of every month, 10 a.m.-noon. Jacoby Creek School, 1617 Old Arcata Road, Bayside. Drop in to watch and learn about birds in an informal, family-friendly setting. Bring binoculars. A few pairs available. Visit feederwatch.org/about/project-overview. Free. daseeger@gmail.com. rras.org/home.aspx.

FOAM King Tide Tour. 10 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leaders Elliott Dabill and Barbara Reisman on South I Street, in the first parking lot in from Samoa Boulevard. Learn what makes the tides so much

higher than normal; the increases expected as sea level rises; and what will happen to Humboldt Bay as the rest of the century brings monumental changes to our home. This tour will occur, rain or shine. [NOTE: The regularly scheduled 2 p.m. tour is cancelled for this day] (707) 826-2359.

Forest Restoration at Rohner Park. 9-11 a.m. Fortuna Firemen's Pavilion, 9 Park St. Remove invasive English Ivy and French Broom. Tools and gloves available but you are encouraged to bring your own. High winds or heavy rain cancels. Light snack provided. Free. unde1942@gmail.com. (707) 601-6753.

Samoa Dunes and Wetlands Guided Walk. 10 a.m.-1 p.m. Samoa Dunes & Wetlands Conservation Area, Coper Lane, Arcata. Join a Friends of the Dunes naturalist for a free guided tour of this recently conserved area. This 357-acre ecologically diverse property features open sand sheets, wetlands and the southernmost extent of the Shore Pine-Sitka Spruce forest in the Pacific Northwest. The program will include walking on loose sand and up and down some moderate slopes. Space is limited, send us a message or call to sign up. Free. info@friendsofthedunes.org, friendsofthedunes.org. (707) 444-1397.

ETC

Heat Pump Workshop with RCEA. 8:30 a.m.-1 p.m. Wharfinger Building, 1 Marina Way, Eureka. Join RCEA for two separate presentations on heat pump space and water heating. Q&A, local heat pump contractors, and details about rebates and incentives. info@redwoodenergy.org, redwoodenergy.org/events. (707) 269-1700.

New Year's Yard Sale. 10 a.m.-4 p.m. Dell'Arte Big Top Tent, 131 H St., Blue Lake. Costumes, shoes, furniture, props galore. Cash and cards accepted. Proceeds support Dell'Arte productions and schools activities. dellarte.com.

Public Skate. 6:30-9:30 p.m. Fortuna Skating Rink, Rohner Park. See Jan. 20 listing.

MISC. NIGHTLIFE

Cirque de Freak. 9 p.m. The Miniplex, 900 Samoa Blvd., Arcata. Body High Pole Dance performers showcase. Doors at 9 p.m. with music by DJ Pressure, performances at 10 p.m. Costume contest and dancing to follow, so dress your best Cirque de Freak style. Ages 21 and up. \$15. info@miniplexevents.com, miniplex.ticketleap.com/cirque-de-freak/. (707) 630-5000.

OTHER

Old Rasputin Two-Day Event at The Bigfoot Taproom. 1-10 p.m. The Bigfoot Taproom, 1750 Central Ave., McKinleyville. Featuring four barrel-aged stouts, sampler flights, contests, prizes and food. Saturday: Dress in funeral attire or black for a Day of Remembrance and Celebration of Life. Sunday: The Resurrection. A portion of all beer sales donated to Doctors Without Borders. thebigfoottaproom@gmail.com, thebigfoottaproom.com. (707) 630-4057.

Thursday-Friday-Saturday Canteen. 3-9 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. See the newly remodeled Memorial Building and enjoy a cold beverage in the canteen with comrades. Play pool or darts. If you're a veteran, this place is for you. Free. PearceHansen999@outlook.com. (707) 443-5331.

22 Sunday

COMEDY

Stand-up Comedy Workshop. 6-7 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Led by local stand-up comic Jessica Grant. Bring a pen or pencil, and circle up to talk shop about jokes. Open to anyone interested in performing stand-up comedy. Drop-ins welcome. Free, donations accepted. JessicaGrantComedy@gmail.com, savagehenrycomedy.com. (707) 845-8864.

Sunday Open Mic. 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Sign-ups at 9 p.m., show at 9:30 p.m., local favorite features for the 10@10. Comics get five minutes. Zero hate speech tolerated. All-ages w/caution for language. Snacks, drinks. Free, donations accepted. info@savagehenrycomedy.com, savagehenrycomedy.com. (707) 845-8864.

MOVIES

Mulan (1998). 5-7:30 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 5 p.m. Movie at 6 p.m. Rated G. All ages. Retro-gaming in the lobby. \$8, \$12 admission and poster. info@arcatatheatre.com. facebook.com/events/820835359199380. (707) 613-3030.

MUSIC

An Afternoon of Jazz with Paula Jones & Friends. 3-5 p.m. Morris Graves Museum of Art, 636 F St., Eureka. The Rotunda hosts the jazz-funk stylings of vocalist Paula Jones, backed by some of Humboldt's most accomplished musicians. \$5, \$2 students/seniors/military, free for museum members, children under 18, and families with an EBT card. humboldtarts.org.

Trio Duende, Concert + Conversation. 3 p.m. Lutheran Church of Arcata, 151 E. 16th St. Trio Duende (Awadagin Pratt, piano; Tom Stone, violin; Sophie Shao, cello) returns to the Eureka Chamber Music Series featuring Piano Trio No. 32 in A major by Haydn, as well as solo piano selections and a Q&A with the performers. \$20, \$5 student.

Slocan Ramblers. 7:30 p.m. The Old Steeple, 246 Berding St., Ferndale. Canadian bluegrass band. \$26.50.

Sunday Jazz Jams. 5:30-8:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Every Sunday. Jazz players, all ages, all levels. Bring your ax and play some Real Book tunes. Everybody who wants to plays. Free. blondiesfoodanddrink@gmail.com. blondiesfoodanddrink.com. (707) 822-3453.

THEATER

The Bremen Town Musicians. 2-3:30 p.m. EXIT Theatre, 890 G St., Arcata. See Jan. 20 listing.

The Madwoman of Chailot. 2-4 p.m. Gist Hall Theatre, Cal Poly Humboldt, Arcata. See Jan. 19 listing.

EVENTS

Non-Judgement Day Call to Queer Communion. 10 a.m.

Ferndale Town Hall, 834 Main St. Join the Eureka Sisters of Perpetual Indulgence for a "queer communion." Messages encouraged (a sign to hold, short sermon, prayer, or statement). Musicians who can play "Ring of Fire," please bring your portable instruments.

FOOD

Food Not Bombs. 4 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free.

OUTDOORS

Community Stewardship Day. Fourth Sunday of every month, 10 a.m.-1 p.m. Seawood Cape Preserve, 2265 Patricks Point Drive, Trinidad. Remove invasive plant species at Seawood Cape Preserve. Wear long sleeves, pants, hats and sturdy shoes, and bring water. Register online. Free. seawoodcapepreserve@wildlandsconservancy.org. Seawood-Cape-Preserve Community-Stewardship-Days. eventbrite.com. (707) 633-9132.

ETC

New Year's Yard Sale. 10 a.m.-4 p.m. Dell'Arte Big Top Tent, 131 H St., Blue Lake. See Jan. 21 listing.

OTHER

Old Rasputin Two-Day Event at The Bigfoot Taproom. 1-9 p.m. The Bigfoot Taproom, 1750 Central Ave., McKinleyville. See Jan. 21 listing.

Reel Genius Trivia at Fieldbrook Market. 6-8 p.m. Fieldbrook Market & Eatery, 4636 Fieldbrook Road. General trivia fun for everyone. Free to play for prizes. Max seven players per team. Free. partners@reelgeniustrivia.com. fb.me/e/2ewBnU70H. (707) 601-1606.

KARAOKE

G.O.A.T. Karaoke at the Goat. 8:30 p.m. Richards' Goat Tavern & Tea Room Miniplex, 401 I St., Arcata. See Jan. 19 listing.

Karaoke at Clam Beach Tavern. 8-midnight. Clam Beach

Tavern, 4611 Central Ave., McKinleyville. Every Sunday night.

23 Monday

FOOD

Volunteer Orientation Food for People. 3:30-4:30 p.m. Virtual World, Online. See Jan. 19 listing.

ETC

Homesharing Info Session. 9:30-10 a.m. and 1-1:30 p.m. This informational Zoom session will go over the steps and safeguards of Area 1 Agency on Aging's matching process and the different types of homeshare partnerships. Email for the link. Free. homeshare@alaa.org. alaa.org/homesharing. (707) 442-3763.

Humboldt Bounsklee League. 6-8 p.m. Humboldt Brews, 856 10th St., Arcata. Weekly league nights. Purchase of any wood bounsklee from Humbrews or the website includes one-month family membership for future events. All ages. Free. bounsklee@gmail.com. bounsklee.fun. (707) 601-9492.

Pathway to Payday. 10 a.m.-1 p.m. Betty Kwan Chinn Day Center, Corner of Seventh and C streets, Eureka. Four-day employment workshop series focusing on enhancement of application, resume and interview skills. Opportunity to interview with real employers for real jobs. Free. swood2@eurekaca.gov. (707) 672-2253.

Tabata. 5:30-6:30 p.m. Virtual World, Online. See Jan. 20 listing.

OPEN MIC

Clam Beach Open Mic. 8-midnight. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Every Monday night.

KARAOKE

Karaoke at the Jam. 9 p.m. The Jam, 915 H St., Arcata. Hosted by Dustin Thompkins. Free. thejamarcata.com.

24 Tuesday

COMEDY

'No Strings Attached' Trivia. 6-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Enjoy trivia games hosted by local comedians and compete for prizes. Trivia is followed by a feature comedy show at 9 p.m. Free. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Twatch Party with Lauren Brenner. 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Produced by Lauren Brenner, featuring Gabby Jesus, Sara Rooker, Andrea B and Morgan Anderson. \$10. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

DANCE

Peking Acrobats Featuring the Shanghai Circus. 7 p.m. Van Duzer Theatre, Cal Poly Humboldt, Arcata. Acrobats perform on a pagoda of chairs, trick-cycling, precision tumbling, juggling, and gymnastics. Tickets and pricing online. centerarts.humboldt.edu.

LECTURE

Winter Lecture Series - Lighthouses of Humboldt County w/Julie Clark. 6-7 p.m. The BLM Interpreter and author of *Lighthouses of Humboldt County* gives an historical overview with stories of shipwrecks and lighthouse keepers. Zoom link online. Free. info@lostcoast.org. lostcoast.org/event/winter-lecture-series-lighthouses-of-humboldt-county/.

MUSIC

Opera Alley Cats. 7-10 p.m. The SpeakEasy, 411 Opera Alley, Eureka. See Jan. 20 listing.

MEETINGS

Humboldt Cribbage Club Tournament. 6:15-9 p.m. Moose

Continued on next page »

Pure Water Spas

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Adult Day Health

A licensed, therapeutic day care program for adults age 18+ with chronic health conditions or disabilities.

Alzheimer's Services

Providing resources and information for those impacted by Alzheimer's and other dementia-related conditions

Behavioral Health Services

Counseling and services with a holistic approach to mental wellness for any Humboldt County adult age 55+.

Multipurpose Senior Services Program (MSSP)

A care management program that helps arrange for needed services for qualified adults age 65+ who are on Medi-Cal.

Senior Nutrition Program

- Senior Dining Centers in Arcata, Eureka, and Fortuna.
- Meals on Wheels Redwood Coast for homebound older adults living in Arcata, Eureka, Fortuna, and McKinleyville.

Redwood Coast PACE

Comprehensive health care and support services to help qualified adults age 55+ stay independent and at home.

Senior News

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3200 Newburg Road, Fortuna
707-443-9747 • www.humsenior.org**

NCJ CALENDAR

Continued from previous page

Lodge, 4328 Campton Road, Eureka. Weekly six-game cribbage tournament for experienced players. Inexperienced players may watch, learn and play on the side. Moose dinner available at 5:30 p.m. \$3-\$8. 31for14@gmail.com. (707) 599-4605.

Humboldt Stamp Collectors' Club. Fourth Tuesday of every month, 6-8 p.m. Humboldt Senior Resource Center, 1910 California St., Eureka. New collectors and experts welcome. Learn about stamps, collecting and see local experts in stamps share their collections. Free. humstampclub@gmail.com.

ETC

Bingo Night. Fourth Tuesday of every month, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Beer-ingo! Free. (707) 269-7143.

English Express: An English Language Class for Adults. Virtual World, Online. Build English language confidence in ongoing online and in-person classes. All levels and first languages welcome. Join anytime. Pre-registration not required. Free. englishexpressemastered.com. (707) 443-5021.

Pathway to Payday. 10 a.m.-1 p.m. Betty Kwan Chinn Day Center, Corner of Seventh and C streets, Eureka. See Jan. 23 listing.

Restorative Movement. 10:30-11:30 a.m. & 2-3 p.m. Virtual World, Online. See Jan. 19 listing.

DJS

Hip Hop Night w/DJM. 10 p.m.-1 a.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Every Tuesday night.

Latin Dance Tuesdays w/DJ Pachanguero. 9 p.m.-1 a.m. Richards' Goat Tavern & Tea Room Miniplex, 4011 St., Arcata. Salsa, cumbia, tropical bass, pop and more. Tacos from 5 to 10 p.m. Ages 21 and up. Two-drink minimum purchase. info@miniplexevents.com. fb.me/e/2lgBtuaZc. (707) 630-5000.

MISC. NIGHTLIFE

Bingo Night. 6-9 p.m. Redwood Curtain Brewing Co.

Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Beer-ingo! Free.

OTHER

You Guessed It. 7-9 p.m. Bear River Casino Resort, 11 Bear Paws Way, Loleta. Compete against other teams for prizes like free play, free fuel, dining credits and Bear River swag. Free. bearrivercasino.com/thirsty-bear-lounge.

OPEN MIC

Spoken Word Open Mic. 6-9 p.m. Northtown Coffee, 1603 G St., Arcata. Performances from local and nationally known poets, local business spotlights and more. Open mic list will be out at 5:45 p.m. Free.

KARAOKE

Karaoke. 8 p.m. Firewater Lounge, Cher-Ae Heights Casino, 27 Scenic Drive, Trinidad. Pick a song and sing.

25 Wednesday

ART

Figure Drawing. 6-8:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. \$5. blondiesfoodanddrink.com.

BOOKS

On the Same Page Book Club. 5:30 p.m. Virtual World, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at forms.gle/bAsjdQ7hKGqEgJk7.

COMEDY

Open Mikey. 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. The longest running comedy open-mic in the county. Sign up at 9 p.m. for a five-minute set. Show at 9:30 p.m. Snacks, drinks, zero hate speech tolerated. All-ages w/caution for language. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

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Washington Square Wednesdays. 6-9 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Bring your own board and play chess. Snacks, drinks, friendly atmosphere for all-ages. ID to drink. Free, donations accepted. savagehenrycomedy.com. (707) 845-8864.

MOVIES

Sci-Fi Night: Jaws (1975). 6-9 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 6 p.m. Raffle at 6:55 p.m. Main feature at 7 p.m. Rated PG. All ages (12 and under parental guidance suggested). \$5, \$9 admission and poster. info@arcatatheatre.com. facebook.com/events/531943405262924. (707) 613-3030.

MUSIC

AJ Lee and Blue Summit. 7:30 p.m. The Old Steeple, 246 Berding St., Ferndale. Bluegrass. \$26.50.

Bayside Ballads and Blues. 6-8 p.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Every Wednesday.

GARDEN

Sea Goat Farm Garden Volunteer Opportunities. 10 a.m.-5 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. See Jan. 20 listing.

ETC

Out 4 Business. Last Wednesday of every month, 4-6:30 p.m. Phatsy Kline's Parlor Lounge, 139 Second St., Eureka. An LGBTQ+ professionals networking mixer for LGBTQ+ community, friends, allies and business professionals who value diversity and inclusivity. Food and drinks. Free. trex@historiceaglehouse.com. facebook.com/events/465896384993422/465896418326752/?active_tab=discussion. (707) 407-0634.

Pathway to Payday. 10 a.m.-1 p.m. Betty Kwan Chinn Day Center, Corner of Seventh and C streets, Eureka. See Jan. 23 listing.

Pints for Non-Profits: Humboldt Chapter Surfrider Foundation. 12-10 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Drink for a cause. The Surfrider Foundation is dedicated to the protection and enjoyment of the world's ocean, waves and beaches through its activist network. Free.

Tabata. 5:30-6:30 p.m. Virtual World, Online. See Jan. 20 listing.

DJS

Weds Night Ting. The Jam, 915 H St., Arcata. Reggae, dancehall, Afrobeats, basshall. Resident DJs Pressure and D'Vinity. Surprise guest DJs and bands. TBD. thejamarcata.com.

OTHER

Reel Genius Trivia Wednesdays. 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. General trivia; fun for everyone. Free to play, win prizes. Max seven players per team. partners@reelgeniustrivia.com. fb.me/e/2ewBnU70H. (707) 601-1606.

26 Thursday

ART

Figure Drawing at Synopsis. 7-9 p.m. Synopsis Collective, 1675 Union St., Eureka. See Jan. 19 listing.

Thursday Night Art. 4-7 p.m. The Sanctuary, 1301 J St., Arcata. See Jan. 19 listing.

COMEDY

Jackbox Night. 6-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. See Jan. 19 listing.

Just Joshin'. 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. A night of special guests and games hand chosen and orchestrated by Josh Barnes. Doors open at 8 p.m. \$10. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

MOVIES

An Evening w/Greg Sestero: 20th Anniversary of The Room (2003). 6:30-11 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 6:30 p.m. *Miracle Valley* at 7 p.m. Intermission: Q&A and Interactive Script Reading w/Greg Sestero. *The Room* at 9 p.m. All ages (12 and under parental guidance

suggested). \$20. info@arcatatheatre.com. facebook.com/events/664429698471473. (707) 613-3030.

MUSIC

Live Music: Joel Martin. 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Two solo multi-set shows: a Grateful Dead set and a set of rock classics by Beatles, Bowie, Beach Boys, etc. Free.

McKinleyville Community Choir Rehearsal. 6:30-8:30 p.m. Lutheran Church of Arcata, 151 E. 16th St. See Jan. 19 listing.

Shawn Colvin, Marc Cohn and Sarah Jarosz. 7:30 p.m. The Old Steeple, 246 Berding St., Ferndale. Americana and folk Grammy winners together in concert. \$155.

FOOD

Volunteer Orientation Food for People. 3-4 p.m. Virtual World, Online. See Jan. 19 listing.

ETC

Pathway to Payday. 10 a.m.-1 p.m. Betty Kwan Chinn Day Center, Corner of Seventh and C streets, Eureka. See Jan. 23 listing.

Restorative Movement. 10:30-11:30 a.m. & 2-3 p.m. Virtual World, Online. See Jan. 19 listing.

OPEN MIC

Blondies Open Mic. 6 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. See Jan. 19 listing.

Siren's Song Open Mic. 7 p.m. The Siren's Song Tavern, 325 Second St., Eureka. See Jan. 19 listing.

KARAOKE

G.O.A.T. Karaoke at the Goat. 8:30 p.m. Richards' Goat Tavern & Tea Room Miniplex, 4011 St., Arcata. See Jan. 19 listing.

Heads Up ...

Friends of the Arcata Marsh and Redwood Region Audubon Society are co-sponsoring a Student Bird Art Contest in conjunction with the Godwit Days Spring Migration Bird Festival. Artwork may be dropped off at the Interpretive Center (open Tuesday-Sunday, 9 a.m. to 5 p.m. and Monday, 1 to 5 p.m.) or mailed to Sue Leskiw, 155 Kara Lane, McKinleyville, CA, 95519. Entries must be received by 5 p.m. March 18. Questions should be e-mailed to sueleskiw@gmail.com.

Redwood Region Audubon Society (RRAS) is sponsoring its 18th annual student nature writing contest. Up to six cash prizes will be awarded for the best essay(s) or poem(s) on "What Nature Means to Me," by Humboldt or Del Norte County students in grades four through 12. Visit rras.org or godwitdays.org to view a flyer with instructions on how to enter the contest. Deadline for receipt: 5 p.m., March 18. Questions should be directed to sueleskiw@gmail.com.

Arcata's EXIT Theatre invites submissions of short plays for its premier Short Play Festival, held March 24-26 and March 31-April 2. Festival theme: journey. Open to interpretation. Submit one original work, no more than 10 minutes long in PDF or Word format. Send as an attachment to mail@theexit.org by Jan. 31. Email questions.

Sign up for the annual Mad River Steelhead Derby running now through Feb. 28 at 6 p.m. Three biggest fish in the adult division will win \$500, \$300 second place, \$150 third place. Three winners in the youth division, 16 years and under will win \$100, \$75, \$50 gift certificates. Plus, steelhead fishing video prizes and weekly raffle drawings for registered Derby anglers. Follow the Derby on social media and at madriversteelheadderby.com.

Personas, College of the Redwoods' literary journal with a multilingual focus, is accepting submissions of original poetry, fiction, creative nonfiction, essay and art that considers the experience of multilingualism, now through midnight March 16. Send your submissions to jonathan-maiullo@redwoods.edu with the subject line "Personas Submission" and the title of your work. For info, call (707) 476-4527, email or visit redwoods.edu/ah/Home/Personas.

Soroptimist International of Humboldt Bay announces six monetary awards and/or scholarships. Find more and find a link to all applications at soroptimistofhumboldtby.com.

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NCJ SCREENS

Risk and Reward in *The Whale*

By John J. Bennett

screens@northcoastjournal.com

THE WHALE. It is an easy, reductive, even dismissive temptation to qualify Darren Aronofsky's work as "difficult" or "challenging." Ambitious? Polarizing? Indubitably. But in referring to it as challenging, or academic, people generally seem to mean they don't like it, or that it makes them think about things they'd rather not. (The irony of my own reductiveness is not lost on me). One could say his movies, taken as a collection, are genuinely frustrating: for every flash of brilliance, excoriating insight and technical flourish there is, inevitably, something — a grace note or motif or entire movie — not only out of place but also discordant to the occasional extent of putrefaction. (A good friend asked, with customary intellectual vigor, if 2014's *Noah* was a "shitpile of trash and crap." Hesitant though I may have been, I could not answer entirely in the negative).

But to be honest, that must be part of what so compels me in Aronofsky's work: the brashness, the commitment to the exploration of ideas, however misguided the exploration *and/or* the idea, the doggedness to keep making these things regardless of how cold or enraged the reaction. No two of his movies are alike except in the universality of their ability to alienate. I think he comes by it honestly, though, which makes the work, as well as its reception, all the more fascinating. That is to say, I don't see him as a true provocateur, at least in the pejorative sense. Rather, the movies suggest to me a hyperactive mind, one that travels in directions most do not see or, in seeing them, would choose to avoid. The exploration is the thing, the pearl-clutching of an unprepared audience a (probably not unwelcome) side-effect.

And so, both because I enjoy his intellectual rigor *and* because we're rapidly running out of writer-directors provided the opportunity to potentially fail on such a grand scale — plus the simple fact I like and admire most of what he's done — I keep showing up. And show up I did, if a little late in the game, for *The Whale*, Aronofsky's first feature since 2017's oft-maligned *Mother!* (a movie I will still defend) and Brendan Fraser's much

talked-about return to the center of the frame.

Charlie (Fraser) is introduced to us semi-anonymously, the instructor of an online college expository writing course. Amid the boxed-in faces of his students, Charlie's frame remains a blank, a sometimes-commented-on void. His thinly constructed explanation, a permanently broken webcam, has proven adequate to generally deflect the queries of his class. It cannot hide the fact, though, that Charlie lives in constant shame and sorrow and has almost completed the task of eating himself to death. He, who "was always big," has, in the wake of a terrible loss, confined himself to his apartment. His formerly shared bedroom lies behind a locked door, his only prolonged human interaction is with Liz (Hong Chau), a nurse and friend who visits daily, bringing (against her own better judgment) an endless supply of meatball subs and buckets of fried chicken and who begs Charlie to allow her to have him admitted to a hospital before his appetites take his life.

Gradual self-destruction is the goal, though, and Charlie will not be dissuaded. But before the end he hopes to salvage what he can of his relationship with the daughter, Ellie (Sadie Sink), he left behind almost a decade ago, when his life dramatically and permanently changed. Ellie's mother Mary (Samantha Morton), a confused but well-intentioned missionary named Thomas (Ty Simpkins) and a daily-visiting pizza guy, Dan (Sathya Sridharan), make brief appearances.

Adapted by Samuel D. Hunter from his own stage play, *The Whale* limits itself to the space Charlie physically inhabits, only occasionally venturing out as far as his apartment's porch. Aronofsky, with Matthew Libatique, his director of photography and longest-term collaborator, exaggerates this closeness with a full-frame aspect ratio, a larger-scale version of Charlie's blank Zoom box that Fraser, in all his prosthesis and pathos, fills almost completely. It's a maybe-crass, definitely manipulative creative choice, but also a shrewdly calculated risk: In excising so



Watching right-wing pundits and politicians vow to die for their gas stoves.
The Whale

much of the frame, Aronofsky brings us that much closer to Fraser's performance, which, unless total and authentic, could turn the whole show into a farce, or worse. This is no accident, of course; nor is Fraser's casting. It's all part of a scheme planned and executed by Aronofsky and Hunter and Libatique and the unassailably committed cast; it mostly works.

The risk in adapting work for the stage lies (forgive me) in their staginess. Even in the hands of competent directors, the self-imposed limitations of the form often result in stilted, boxed-in movies wherein the setting is only a backdrop against which speeches are delivered. Despite the physical closeness of *The Whale*, the gracefulness of the camera, of Andrew Weisblum's editing and of Fraser's wounded, kindly performance allow it to feel grander and more complete than its limitations.

I may take issue with some of the script's explorations of its themes and, as usual, question some of Aronofsky's fascinations, but even those elements I may not like contribute to a whole that is, more than a little bit because of its "flaws," a formidable and evocative experience. R. 117M. BROADWAY. ●

John J. Bennett (he/him) is a movie nerd who loves a good car chase.

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BLACK PANTHER: WAKANDA FOREVER. RIP, Chadwick Boseman. The Marvel comic franchise continues with Angela

Bassett, Letitia Wright, Winston Duke and Tenoch Huerta Mejía as an amphibian king. PG13. 116M. MILL CREEK.

THE FABLEMANS. Steven Spielberg's coming-of-age story about a young filmmaker starring Gabriel LaBelle, Michelle Williams and Judd Hirsch. PG13. 151M. BROADWAY, MINOR.

M3GAN. Yes, she's a child's baby-influencer, uncanny-valley robot who turns on her family but she looks amazing and who among us? PG13. 102M. BROADWAY, MILL CREEK.

A MAN CALLED OTTO. A grumpy widower (Tom Hanks) who's lost the will to live bonds with a cat and the new family next door. Also starring Mariana Treviño. PG13. 126M. BROADWAY, MILL CREEK.

MISSING. Storm Reid plays a cyber-sleuthing teen who learns her mother's (Nia Long) secrets when she disappears overseas. PG13. 111M. BROADWAY.

PLANE. A pilot (Gerard Butler) and a prisoner (Mike Colter) team up when their plane crashes in a war zone and passengers are taken hostage. R. 107M. BROADWAY, MILL CREEK.

PUSS IN BOOTS: THE LAST WISH. Sequel spinoff starring the swashbuckling cat voiced by Antonio Banderas. With Salma Hayek. PG. 100M. BROADWAY, MILL CREEK, MINOR.

WHEN YOU FINISH SAVING THE WORLD. Julianne Moore and Finn Wolfhard star as a mother and teenage son who can't connect in this comedy drama directed by Jesse Eisenberg. R. 88M. BROADWAY.

Fortuna Theatre is temporarily closed due to earthquake damage. For show-times call: Broadway Cinema (707) 443-3456; Mill Creek Cinema 839-3456; Minor Theatre (707) 822-3456.

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PROGRAMS OFFERED BY HC BLACK MUSIC AND ARTS FOR THE 2022-2023 SCHOOL YEAR

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Fall- Harambee gospel choir practicing for MLK Jr day in November and December to sign up go www.hcblackmusicarts.org
Glen Edward Literacy circle takes place on Saturdays at the Arcata Farmers Market.

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ADDITIONAL ONLINE CLASSES College of the Redwoods Community Education and Ed2GO have partnered to offer a variety of short term and career courses in an online format. Visit <https://www.redwoods.edu/community/Detail/ArtMID/17724/ArticleID/4916/Additional-Online-Classes>

CANNABIS BUSINESS TRAINING February 1, 2023 - May 24, 2023. Call College of the Redwoods Community Education at (707) 476-4500.

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Visit: <https://www.redwoods.edu/community/Detail/ArtMID/17724/ArticleID/6231/Home-Inspection-Certification-Program>

INJECTIONS March 28, 2023 Call College of the Redwoods Community Education at (707) 476-4500.

MEDICAL BILLING & CODING INFORMATIONAL MEETING March 18 and 23, 2023 Call College of the Redwoods Community Education at (707) 476-4500.

PHARMACY TECHNICIAN INFORMATIONAL MEETING March 18 and 21, 2023 Call College of the Redwoods Community Education at (707) 476-4500.

SERVSAFE MANAGER'S CERTIFICATE TRAINING February 23, 2023. Call College of the Redwoods Community Education at (707) 476-4500.

VENIPUNCTURE March 30, 2023 Call College of the Redwoods Community Education at (707) 476-4500.

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AYURVEDIC LIVING SCHOOL TRAININGS w/Traci Webb & Guests. Ayurveda Health & Life Coach/Practitioner Training: starts 1/11/23, Ayurveda Herbalist Training: starts 2/21/23, Self-healing career trainings. Launch a career aligned w/your calling! www.ayurvedicliving.com (W-0223)

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NOTICE OF TRUSTEE'S SALE

COMPLIANCE WITH CALIFORNIA CIVIL CODE SECTION 2923.3 WAS NOT REQUIRED BECAUSE THE LOAN IS SECURED BY NON-RESIDENTIAL PROPERTY.

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED MAY 31, 2016. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by the duly appointed trustee, as shown below, all right, title and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein.

TRUSTOR: Caleb O'Connor and Ruth O'Connor, husband and wife
DULY APPOINTED TRUSTEE: Harland Law Firm LLP

DEED OF TRUST RECORDED: August 25, 2016

INSTRUMENT NUMBER: 2016-016033 of the Official Records of the Recorder of Humboldt County, California

201603488, of the Official Records of the Recorder of Trinity County, California
DATE OF SALE: February 23, 2023 at 11:00 A.M.

PLACE OF SALE: Front entrance to the County Courthouse, 825 5th Street, Eureka, CA 95501

THE COMMON DESIGNATION OF THE PROPERTY IS PURPORTED TO BE: Vacant Land. Directions to the property may be obtained by pursuant to a written request submitted to Harland Law Firm LLP, 212 G Street, Suite 201, Eureka, CA 95501, within 10 days from the first publication of this notice.

See Exhibit A and Exhibit "B" attached hereto and made a part hereof for the Legal Description.

Amount of unpaid balance and other charges as of January 4, 2023: \$211,941.89

Beneficiary may elect to open bidding at a lesser amount.

The total amount secured by said instrument as of the time of initial publication of this notice is stated above, which includes the total amount of the unpaid balance (including accrued and unpaid interest) and reasonable estimated costs, expenses and advances at the time of initial publication of this notice.

NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to fee and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property.

NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call the trustee's information line at (707) 444-9281. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information. The best way to verify postponement information is to attend the scheduled sale. DATED: This 4th day of January, 2023 in the city of Eureka, and the county of Humboldt, California.

Harland Law Firm LLP
John S. Lopez, Attorney,
Trustee for Beneficiary
The Mel and Grace McLean Foundation, a
California Nonprofit Public Benefit Corporation

**EXHIBIT A
DESCRIPTION**

That real property situated in the County of Humboldt, State of California, described as follows:

Tract F-3:

PARCEL ONE:

The Southeast Quarter of the Southeast Quarter of Section 26 and the East Half of the Northeast Quarter and the Northeast Quarter of the Southeast Quarter of Section 35, Township 7 North, Range 5 East, Humboldt Meridian. EXCEPTING therefrom that portion thereof lying within Trinity County.

PARCEL TWO:

Easements for the use of roads on the following described lands:

Township 7 North, Range 5 East, Humboldt Meridian.

Section 22: The Northeast Quarter of the Northeast Quarter of the Southwest Quarter, and the North Half of the Southeast Quarter.

Section 23: The Southwest Quarter of the Southwest Quarter.

Section 25: The Southwest Quarter of the Northwest Quarter, the North Half of the Southwest Quarter, the Southeast Quarter of the Southwest Quarter and the West Half of the Southeast Quarter.

Section 28: The Northeast Quarter of the Northwest Quarter, the West Half of the Northeast Quarter and the Southeast Quarter of the Northeast Quarter.

Section 35: The North Half of the Southwest Quarter of the Southeast Quarter.

Section 36: The Northwest Quarter and the Northeast Quarter of the Southwest Quarter.

Being the same as conveyed by the United States of America to Champion International Corporation, by Deed recorded January 4, 1988 in Book 1861 of Official Records, Page 672, subject to terms, provisions and conditions set forth therein.

PARCEL THREE:

An easement for roadway purposes along and across a strip of land in the South Half of the Northwest Quarter, the Southwest Quarter, and the West Half of the Southeast Quarter, Section 16, Township 7 North, Range 5 East, Humboldt Meridian, as conveyed by the United States of America to Champion International Corporation, by Deed recorded January 15, 1979 in Book 1540 of Official Records, Page 452, subject to terms, provisions and conditions set forth therein.

PARCEL FOUR:

A non-exclusive easement for ingress and egress for all purposes over and across the existing road in the Southeast Quarter of Section 15, the South Half of the Northeast Quarter and the East Half of the Southeast Quarter of Section 16, the Northeast Quarter of Section 22 and the Southwest Quarter of the Northwest Quarter, the Northwest Quarter of the Southwest Quarter, the East Half of the Southwest Quarter and the Southeast Quarter of Section 23, all in Township 7 North, Range 5 East, Humboldt Meridian.

Being the same as reserved in Deeds recorded November 12, 2004 as Instrument No: 2004-39273-2; April 28, 2005 as 18575-3; and June 27, 2005 as Instrument No: 2005-21082-3, Humboldt County Official Records.

PARCEL FIVE:

A non-exclusive and perpetual right to use existing roads and to construct additional roads over, across and upon following described lands:

The Northwest Quarter of Section 25; and the Northeast Quarter of Section 26.

All in Township 7 North, Range 5 East, Humboldt Meridian.

Being the same right as granted by John B. Crook to United States Plywood Corporation, a New York corporation, by that certain Agreement by and between said parties dated August 19, 1963 and recorded August 29, 1963 in Book 751 of Official Records, Page 588, under Recorder's Serial No. 14259.

EXHIBIT "B"

The Northeast quarter of the Southeast quarter of Scion 35, Township 7 North, Range 5 East, H.B.&M., according to the official plat thereof.

EXCEPTING THEREFROM any portion thereof lying outside of Trinity County. 1/12, 1/19, 1/26

NOTICE OF PETITION TO ADMINISTER ESTATE OF CASE NO. PR2300001

Audrey J. Wells, a/k/a Audrey Jennifer Wells

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of Audrey J. Wells, a/k/a Audrey Jennifer Wells

A PETITION FOR PROBATE has been filed by Petitioner, Lindsay A. Marks In the Superior Court of California, County of Humboldt. The petition for probate requests that Lindsay A. Marks

be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on February 2, 2023 at 1:31 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 3.

You have been served with a Notice of Petition to Administer Estate pursuant to which a court hearing has been scheduled. Due to the COVID-19 pandemic, if you wish to appear at the court hearing, you must do so remotely. Instructions to appear remotely are set forth on the Court's website:

www.humboldt.courts.ca.gov.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an

attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

ATTORNEY FOR PETITIONER:

Robert Sinclair

James D. Poovey, Inc.

937 Sixth Street

Eureka, CA 95501

(707) 443-6744

SUPERIOR COURT OF CALIFORNIA

COUNTY OF HUMBOLDT

1/12, 1/19, 1/26 (23-007)

NOTICE OF PETITION TO ADMINISTER ESTATE OF Mathias K. Nicklin, a/k/a Mathias Kai Nicklin CASE NO. PR2200365

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of Mathias K. Nicklin, a/k/a Mathias Kai Nicklin

A PETITION FOR PROBATE has been filed by Petitioner, John A. Herbert In the Superior Court of California, County of Humboldt. The petition for probate requests that John A. Herbert be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on January 26, 2023 at 1:31 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 3.

You have been served with a Notice of Petition to Administer Estate pursuant to which a court hearing has been scheduled. Due to the COVID-19 pandemic, if you wish to appear at the court hearing, you must do so remotely. Instructions to appear remotely are set forth on the Court's website: <https://www.humboldt.courts.ca.gov>.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a

LEGALS? 442-1400 x314

County Public Notices • Fictitious Business • Petition to Administer Estate • Trustee Sale • Other Public Notices

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NOTICE OF TRUSTEE'S SALE TS # 22-2914 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED: 07/21/2020. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by the duly appointed trustee, as shown below, all right, title and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. TRUSTOR: Debbie McDonald DULY APPOINTED TRUSTEE: Foreclosure Specialists, a General Partnership RECORDED: 08/05/2020 AS INSTRUMENT NO. 2020-013279 of Official Records in the office of the Recorder of Humboldt County, California. DATE OF SALE: Thursday, February 9, 2023 at 11:00 AM PLACE OF SALE: At the front entrance to the County Courthouse at 825 5th St., Eureka, CA 95501 THE COMMON DESIGNATION OF THE PROPERTY IS PURPORTED TO BE: 42121 Hwy 299, Willow Creek, CA 95573 APN: 524-082-011 Amount of unpaid balance and other charges: \$83,457.92 Beneficiary may elect to open bidding at a lesser amount. The total amount secured by said instrument as of the time of initial publication of this notice is stated above, which includes the total amount of the unpaid balance (including accrued and unpaid interest) and reasonable estimated costs, expenses and advances at the time of initial publication of this notice. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to fee and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction, pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call 530-246-2727; Toll free: 844-333-6766, or visit this internet website: calforeclosures.biz, using the file number assigned to this case: TS#22-2914, to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustees sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call the trustee's information line at 530-246-2727; Toll Free: 844-333-6766, or visit this Internet Website: calforeclosures.biz, using the file number assigned to this case: TS #22-2914. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Website. The best way to verify postponement information is to attend the scheduled sale. DATE: 12/29/2022 NPP website and sales line number: www.nationwideposting.com Trustee Sales Automated Number: 916-939-0772 FORECLOSURE SPECIALISTS A General Partnership P.O. Box 994465 REDDING, CA 96099-4465 530-246-2727; Toll Free: 844-333-6766 Sheena Hunter / Partner NPP0419868

To: NORTH COAST JOURNAL 01/19/2023, 01/26/2023, 02/02/2023

contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. ATTORNEY FOR PETITIONER: James D. Poovey 937 Sixth Street Eureka, CA 95501 (707) 443-6744 SUPERIOR COURT OF CALIFORNIA COUNTY OF HUMBOLDT

1/5, 1/12, 1/15 (23-001)

SUMMONS By Publication TO: Lino Chavez Trujillo you have been sued by Yadira Vega

The Petitioner, in the Magistrate Court in and for Cassia County, Idaho, Case No.CV2013-0828.The nature of the claim against you is a Petition for Modification. A copy of the Summons and Petition can be obtained by contacting the Clerk of the Court at 208-878-7351 1559 Overland Ave Burley, ID 83318. If you want legal assistance, you should immediately retain an attorney to advise you in this matter. Date: December 28, 2022 Minidoka County /s/ Jennifer Dockter, Attorney at Law

1/5, 1/12, 1/19, 1/26 (23-002)

FICTITIOUS BUSINESS NAME STATEMENT 22-00017

The following person is doing Business as
Coho Homestead

Humboldt
303 Lower Camp Creek Rd.
Orleans, CA 95556
P.O. Box 358
Orleans, CA 95556

Shane B Dante
303 Lower Camp Creek Rd.
Orleans, CA 95556

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Shane Dante, Owner
This January 10, 2022
KELLY E. SANDERS
by jc, Humboldt County Clerk

1/19, 1/26, 2/2, 2/9 (22-015)

FICTITIOUS BUSINESS NAME STATEMENT 22-00749

The following person is doing Business as
Royal Crest Mobile Estates

Humboldt
2300 School St.
Fortuna, CA 95540
9152 Greenback Lane
Orangevale, CA 95662

Heritage Funding IV
CA 2349156
9152 Greenback Lane
Orangevale, CA 95662

The business is conducted by a Limited Partnership.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Peter Deterding, Managing General Partner
This December 06, 2022
KELLY E. SANDERS
by wc, Humboldt County Clerk

12/29, 1/5, 1/12, 1/19 (22-495)

FICTITIOUS BUSINESS NAME STATEMENT 22-00756

The following person is doing Business as
The Central Office

Humboldt
326 I Street
Eureka, CA 95501

Bella Rae, LLC
CA
326 I Street Suite 148
Eureka, CA 95501

The business is conducted by a Limited Liability Company.

LEGALS?

County Public Notices

Fictitious Business

Petition to

Administer Estate

Trustee Sale

Other Public Notices

442-1400 x314

To: NORTH COAST JOURNAL 01/19/2023, 01/26/2023, 02/02/2023

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the regis-

trant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Desirae Hadley, Chief Executive Officer
This Decmeber 09, 2022
KELLY E. SANDERS
by jc, Humboldt County Clerk

1/5, 1/12, 1/19, 1/26/23 (23-004)

NOTICE OF TRUSTEE'S SALE TS # 22-2913 COMPLIANCE WITH CALIFORNIA CIVIL CODE SECTION 2923.3 WAS NOT REQUIRED BECAUSE THE LOAN WAS SECURED BY VACANT LAND. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED: 04/09/2018. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by the duly appointed trustee, as shown below, all right, title and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. TRUSTOR: Lisa Deloury, an unmarried woman DULY APPOINTED TRUSTEE: Foreclosure Specialists, a General Partnership RECORDED: 04/19/2018 AS INSTRUMENT NO. 2018-007115 of Official Records in the office of the Recorder of HUMBOLDT County, California. DATE OF SALE: Thursday, February 9, 2023 at 11:00 AM PLACE OF SALE: At the front entrance to the County Courthouse at 825 5th St., Eureka, CA 95501 THE COMMON DESIGNATION OF THE PROPERTY IS PURPORTED TO BE: Vacant Land known as 1933 Elk Ridge Rd., Redway, CA 95560. Directions to the property may be obtained pursuant to a written request submitted to the Beneficiary, Hans Wurian, within 10 days from the first publication of this notice at P.O. Box 994465, Redding, CA, 96099-4465. APN: 220-272-025 Amount of unpaid balance and other charges: \$371,174.60 Beneficiary may elect to open bidding at a lesser amount. The total amount secured by said instrument as of the time of initial publication of this notice is stated above, which includes the total amount of the unpaid balance (including accrued and unpaid interest) and reasonable estimated costs, expenses and advances at the time of initial publication of this notice. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to fee and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call the trustee's information line at 530-246-2727; Toll Free: 844-333-6766, or visit this Internet Website: calforeclosures.biz, using the file number assigned to this case: TS #22-2913. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Website. The best way to verify postponement information is to attend the scheduled sale. DATE: 12/29/2022 NPP website and sales line number: www.nationwideposting.com Trustee Sales Automated Number: 916-939-0772 FORECLOSURE SPECIALISTS A General Partnership P.O. Box 994465 REDDING, CA 96099-4465 530-246-2727; Toll Free: 844-333-6766 Sheena Hunter / Partner NPP0419910

**FICTITIOUS BUSINESS NAME
STATEMENT 22-00776**
The following person is doing Business as
Humboldt Leather Company

Humboldt
3063 Cannibal Island Road
Loleta, CA 95551
PO Box 472
Cutten, CA 95534

Vanessa M Blount
3063 Cannibal Island Road
Loleta, CA 95551

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Vanessa Blount, Business Owner
This Decmeber 27, 2022
KELLY E. SANDERS
by jc, Humboldt County Clerk

1/5, 1/12, 1/19, 1/26/23 (23-003)

**FICTITIOUS BUSINESS NAME
STATEMENT 22-00779**
The following person is doing Business as
Lugo's Landscaping

Humboldt
2171 West End Place
Fortuna, CA 95540

Salvador Lugo-Alcazar
2171 West End Place
Fortuna, CA 95540

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Salvador Lugo-Alcazar, Owner
This December 27, 2022
KELLY E. SANDERS
by wc, Humboldt County Clerk

1/19, 1/26, 2/2, 2/9 (23-014)

LEGALS?
classified@north
coastjournal.com
442-1400 *314

**FICTITIOUS BUSINESS NAME
STATEMENT 23-00002**
The following person is doing Business as
StroLA

Humboldt
1505 R Street
Eureka, CA 95501

Christy S Prescott
1505 R Street
Eureka, CA 95501

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Christy Prescott, Owner
This January 03, 2023
KELLY E. SANDERS
by sc, Humboldt County Clerk

1/12, 1/19, 1/26, 2/2 (23-006)

**FICTITIOUS BUSINESS NAME
STATEMENT 23-00007**
The following person is doing Business as
Diamond Moon Music

Humboldt
1920 Rohnerville Rd
Fortuna, CA 95540

Ryan K Martin
1920 Rohnerville Rd
Fortuna, CA 95540

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Ryan Martin, Owner/Musician
This January 06, 2023
KELLY E. SANDERS
by jc, Humboldt County Clerk

1/12, 1/19, 1/26, 2/2 (23-008)

**FICTITIOUS BUSINESS NAME
STATEMENT 23-00010**
The following person is doing Business as
Color Wheel Art Studio

Humboldt
233 Bacchetti Dr.
Eureka, CA 95503

Kristin L Dalziel
233 Bacchetti Dr.
Eureka, CA 95503

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Kristin Dalziel, Owner
This January 09, 2023
KELLY E. SANDERS
by wc, Humboldt County Clerk

1/12, 1/19, 1/26, 2/2 (23-010)

**FICTITIOUS BUSINESS NAME
STATEMENT 23-00014**
The following person is doing Business as
Blue Lotus Wellness

Humboldt
2863 D St
Eureka, CA

Joni McAtee LLC
CA 202252011886
2863 D St
Eureka, CA

The business is conducted by a Limited Liability Company.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Joni McAtee, MD, Manager
This January 09, 2023
KELLY E. SANDERS
by tn, Humboldt County Clerk

1/12, 1/19, 1/26, 2/2 (23-013)

**FICTITIOUS BUSINESS NAME
STATEMENT 23-00021**
The following person is doing Business as
Munwela's Barber Shop

Humboldt
505 L Street
Eureka, CA 95501
505 L Street
Eureka, CA 95501

Manuela M Avelar
2142 Frederick Ave
Arcata, CA 95521

The business is conducted by an Individual.
The date registrant commenced to

transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Manuela Avelar, Owner
This January 12, 2023
KELLY E. SANDERS
by jc, Humboldt County Clerk

1/19, 1/26, 2/2, 2/9 (23-016)

**FICTITIOUS BUSINESS NAME
STATEMENT 23-00026**
The following person is doing Business as
Red Cross Pharmacy

Humboldt
525 5th Street
Eureka, CA 95501
525 5th Street
Eureka, CA 95501

EUREKA PHARMACY, LLC
CA 202032510191
5032 Bayview Circle
Stockton, CA 95219

The business is conducted by a Limited Liability Company.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Pratap K. Anne, Managing Member
This January 13, 2023
KELLY E. SANDERS
by jc, Humboldt County Clerk

1/19, 1/26, 2/2, 2/9 (23-017)

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Contact Kyle at (707) 442-1400 ext. 315
kyle@northcoastjournal.com

Or call your advertising representative

humboldtinsider.com/weddings



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Submit information via email to classified@northcoastjournal.com, or by mail or in person.

Please submit photos in JPG or PDF format, or original photos can be scanned at our office.

The *North Coast Journal* prints each Thursday, 52 times a year. Deadline for obituary information is at 5 p.m. on the Sunday prior to publication date.



NCJ
NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

**310 F STREET,
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(707) 442-1400
FAX (707) 442-1401**

CROSSWORD

by David Levinson Wilk

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ITSY BITSY SPYDER

ANSWERS NEXT WEEK!

- ACROSS

1. Spanish painter Francisco

5. Audibly astonished

10. Tiara go-with

14. Unlock

15. buddies

16. Hathaway of "Ocean's 8"

17. Smallest product from a popular winter apparel brand?

20. de plume

21. Memoir that led to the movie "What's Love Got to Do With It"

22. Willow used in basket-weaving

23. Mete out

25. Charades players, e.g.

26. Last word of a famous FDR quote

28. Steakhouse order

30. Tiny arachnid

31. " you clever!"

32. About 98% of Antarctica's surface

35. Something worn when stealthily pursuing a popular brand of tractor?

39. "It's c-c-cold!"

40. Accomplishing

41. The "C" of BBC: Abbr.

42. Inits. that often precede "+"

43. Doozies

45. Celestial circles

48. Von Trapp daughter who sings "Sixteen Going on Seventeen"

49. "What a kiddie!"

50. Elbow room

52. Clunker

55. Advice given to someone antagonizing a popular brand of paint?

58. Adjective for a "shoppe"

59. Very, in music

60. Cause of ruin

61. Bring up, as a child

62. Eco-friendly

63. Put in the overhead bin, say

DOWN

1. Enter

2. Vision: Prefix

3. Genie's affirmative

4. Vague amount

5. Some, but not much

6. "Duly noted"

7. Org.

8. Bean used to make miso

9. 10 Downing St. residents

10. "I do, that's who!"

11. MacDowell of "Groundhog Day"

12. Draco Malfoy expression, often

13. Mannheim misters

18. Send an invoice

19. Ballet position on tiptoe

24. Creepy look

25. Title whose name comes from the Greek for "alone"

26. Website that lets users assign movies up to ten stars (except for "This Is Spinal Tap," which goes to eleven)

27. Level

28. Sedative, for short

29. E.U. country where Hoegaarden beer is brewed

31. Fighting

32. "Not hungry, but not not hungry either"

33. Vendor's vehicle

34. Omar of "Love & Basketball"

36. Gradually increase

37. Has a good cry

38. Some HDTVs

42. Riot opportunist

43. Frisé (dog breed)

44. Extra-wide shoe spec

45. "Game of Thrones" character who only says his own name

46. "I need that like I need in the head"

47. Carter who portrayed Wonder Woman

48. Starbucks offering

50. Candy bar with a Nordic name

51. Soccer great nicknamed "O Rei"

53. "Hmm ... I doubt that"

54. Bob's successor on "The Price Is Right"

56. "That. Did. Not. Just. Happen."

57. Projectiles from a pellet gun

LAST WEEK'S ANSWERS TO CHUCK D												
E	P	A		H	I	C	K	O	K		W	I
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Sea Cucumber Umbrage

By Mike Kelly
washedup@northcoastjournal.com



A rat-tailed sea cucumber at Stone Lagoon.
Photo by Mike Kelly

The DJ said, "It's the top of the goddam hour and you're listening to sea cucumber radio. Nothing but rock! Request lines are open." So, I called and said, "Did you say, 'sea cucumber,' and are you allowed to say 'goddam,' on the air?" "Yes and yes. We are the country's only station owned and operated by rat-tailed fusiform sea cucumbers. I'm a proud *Paracaudina chilensis* but the goddam Deep State FCC won't grant broadcast licenses to invertebrates. So, we are a pirate station and can say any goddam thing we want. We are not worms!"

"No one mentioned worms," I said. "But sometimes a bunch of you guys wash up on the beach during big surf. Admittedly, I first thought you were worms with long skinny tails and fatter cylindrical front ends. But I noticed five rows of tiny tubercles on your sides, and five is a sign of pentaradial symmetry, which indicates you are an echinoderm —related to sea stars and urchins — so I knew you were sea cucumbers."

"You're goddam right," said the DJ. "I ain't talkin' out of my goddam ass!" "You protest too much. Most animals make their sounds from the same hole they breathe through. And sea cucumbers have a 'water lung' or 'respiratory tree' connected inside the anus. You breathe through your ass, so I assume you speak from there, too."

"But I don't have a goddam parasitic fish living up my ass!" said the DJ. "I didn't say anything about ass fish. But some species of large tropical sea cucumbers host pearlfish up there. And you are correct that a small, temperate-zone species like you would not suffer that affliction."

"You're goddam right. And I don't eat shit!" "OK," I said. "But sea cucumbers are among the most common seafloor animals and you play a crucial role in nutrient cycling. Organisms up the chain produce particles of organic material as they break down their food. Fortunately for the whole planet, sea cucumbers

further reduce the particles so they are small enough for bacteria to further reduce them into constituent inorganic molecules. Thanks to you, these molecules become available again to make more life. But I'm afraid the detritus you consume contains a high percentage of excrement."

"Well, you can eat my shit, you goddam Deep State shill," said the DJ. "And I don't spew my guts!"

"Who said anything about spewing guts? However, this is a defensive strategy used by many sea cucumbers. When threatened, they eject some of their internal organs through their anus, which entangles an enemy in sticky goo. Then they regenerate a new set of guts. I don't know about you, but when I've found your pals laying on the beach, they may have heroically spewed some guts."

The DJ said, "I am not a lazy lay-about!" "I didn't say lazy. I mean, your species digs U-shaped burrows with your anus sticking out of one end, and your mouth at the other end where your feeding tentacles can dab up food particles. Your work plays an important role in mixing and stabilizing the substrate — making the seafloor better habitat for other organisms. But I'm curious; why a rock 'n' roll format?"

"It's cultural. Many sea cucumbers proudly reside down the front of rock stars' trousers."

I said, "You must be confusing sea cucumbers with the agricultural produce called 'cucumber,' which isn't soft and squishy like you."

"I knew it. We're being replaced by goddam Deep State vegetables!" said the DJ before he hung up without taking my request.

So, I started a file on him for my Deep State overlords.

Biologist Mike Kelly (he/him) is also the author of the book *Tigerfish: Traditional and Sport Fishing on the Niger River, Mali, West Africa*. It's available at Amazon or everywhere e-books are sold.



Redwood Community Action Agency is hiring!

ENERGY & ENVIRONMENTAL SERVICES DIVISION

- **Program Manager \$30/hour**
F/T 40 hrs. salary/exempt.
- **Intake & Outreach Specialist**
F/T 37.5 hours weekly \$17/hr.
- **Energy Efficiency Retrofitting & Weatherization Field Crew**
F/T 40 hours weekly \$18/hr.

ADULT & FAMILY SERVICES DIVISION PROGRAM

- **Needs 2 Caseworkers**
\$18.00/hr. 40-hour week

COMMUNITY SERVICES DIVISION

- **Program Coordinator for Financial Literacy Project, 32 hrs/wk. with benefits.**

\$18.50-\$20.00/hr. DOE

All F/T positions have health insurance.
Go to www.rcaa.org for complete job descriptions & required job application.
Positions are open until filled. Must be vaccinated for COVID. RCAA is an EOE

MAIL HAUL, INC / TS TRANSPORTING, INC

COMMERCIAL TRUCK DRIVERS

FULL OR PART-TIME

A California CDL (Class A) is required, along with a DMV report and a current medical. We have dedicated runs from Eureka to the Bay Area and back. There is a layover while down south, but the runs are consistent and year-round.

Pay is good, trips are generally easy, and this is an **excellent team that is GREAT to work with!**

We prefer 2 or more years of tractor / trailer experience, but can help with training. Backing skills are a plus.

Up to \$32.21/hr. There are retirement account or health insurance options. Vacation and holiday pay begin after probation period.

Please call, email, or text Charles (707-834-8350), clindquist00@gmail.com with questions or if you would like to schedule an application interview.

Hiring?

Post your job opportunities here.
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NOW HIRING!

Southern Trinity Health Service is taking applications for the open positions at the

Scotia Location

Registered Dental Asst
Dental Support Mgr
Medical Dr
Clinical Nurse Mgr

Ruth Lake

Transportation Driver
Part Time

We are seeking a self-motivated, quick learning, and career-minded individual seeking long-term employment.

Please send resume to hr@sthscclinic.org or call (707) 764-5617 ext. 2110.



Northcoast Children's Services

TEAM TEACHER, Crescent City

Responsible for the development & implementation of classroom activities for toddler age children. Must have 12 core in ECE/CD (with 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher level on Child Development Permit Matrix, and have one-yr. experience teaching in a toddler setting. F/T 37.5 hrs./wk. M-F. \$18.69-\$19.62/hr. **Open Until Filled.**

ASSISTANT TEACHERS, (Various Programs/Locations)

Assist center staff in the day-to-day operation of the classroom for a preschool program. 6-12 ECE units preferred or enrolled in ECE classes and have 6 months' exp. working w/ children. P/T 17-27 hrs./wk. \$15.88-\$17.50/hr. **Open Until Filled.**

INTERPRETERS, Eureka, Fortuna

Assist in interpreting in class, at parent meetings and on home visits for children and families. Bilingual Spanish required. Must have 6 months' experience working with children and families. Prefer 6-12 units in Early Childhood Education. P/T 12-20 hrs./wk. \$15.88-\$17.50/hr. **Open Until Filled.**

Please note: Per grant requirements, All NCS staff are required to submit proof of a complete COVID -19 vaccination, except those who are granted an exemption. All staff who are eligible for an exemption must undergo weekly testing for SARS-CoV-2 infection. Please contact Administrative Services if you need information regarding vaccinations or exemptions.

Submit applications to:

Northcoast Children's Services
1266 9th Street, Arcata, CA 95521

For addtl info & application

please call 707-822-7206 or visit our website at www.ncsheadstart.org



The Hoopa Valley Tribe is accepting applications to fill the following vacant position

POLICE OFFICER

Hoopa Tribal Police Department, Regular, Full-time, **Salary:** \$26.91/hr. Performs a wide variety of peace officer duties.

Minimum Qualifications: Must possess a Basic Academy Certificate from a California P.O.S.T. approved academy or ability to recertify within 6 months of conditional offer and successful completion of background investigation. Additional requirements are listed in the job description. Must have a California Driver's license and be insurable. Must successfully pass a Title 30A Employment Background and a California Police Officer Standards and Training (P.O.S.T.) background checks.

DEADLINE: OPEN UNTIL FILLED

This position is classified safety-sensitive.

For job descriptions and employment applications, contact the Human Resource/Insurance Department, Hoopa Valley Tribe, P.O. Box 218, Hoopa, CA 95546 or Call (530) 625-9200 Ext. 20 or email hr2@hoopainsurance.com. The Tribe's Alcohol & Drug Policy and TERO Ordinance.

Hiring?



Post your job
opportunities
in the **Journal.**

442-1400 x314
www.northcoastjournal.com

THE CITY OF EUREKA

PUBLIC WORKS

ENGINEERING TECHNICIAN I/II

\$3,190 - \$4,503/Month

**Salary will increase by 5% in 2024.

Plus excellent benefits including free family Zoo membership, free family Adorni Center membership, free enrollment at Little Saplings Preschool for employee children and more!

The City is currently hiring to fill two (2) permanent full-time vacancies for this position.

Under supervision, performs a variety of specialized paraprofessional engineering field and office duties in support of professional engineering staff. Researches engineering topics and prepares basic engineering calculations; provides technical advice to the public; coordinates plan submittals; issues permits; maintains plan files and engineering records; prepares reports. For more information and to apply online, visit our website at

www.ci.eureka.ca.gov Recruitment closes at 5:00 p.m. on Monday, January 30th, 2023. EOE



Klamath-Trinity Joint Unified School District

Is accepting Applications for:

District Information Network Services Administrator (DINSA)

Full-Time Employment 8hrs day,
260 days per year

\$5,493.33- \$6,065.06 monthly
plus Health & Welfare Benefits

Combination of education, training and/or experience equivalent to five (5) years of directly related technology experience in K-12 institutions. Degree in Computer Science, Computer Information Systems or Equivalent degree preferred.

Submit Applications to Nena Hames Deadline
1/25/2023 by 4:00pm

Nhames@ktjUSD.k12.ca.us, Fax 530-625-5611 or
530-625-5600 ext. 1006



Northcoast Children's Services

Do you love being with children?

Do you enjoy supporting
children learn and grow?

Are you looking for a
meaningful profession?

Do you want a job that has
evenings and weekends off?

**Northcoast Children's Services
may be what you're looking for!**

Northcoast Children's Services provides early education and family support services to children and families from pregnancy to age 5. We offer home visiting services, infant toddler and preschool centers in a variety of locations in Humboldt and Del Norte counties.

We have a variety of full and part time positions working with children and families.

We offer paid vacation, sick leave and holidays to all employees and an additional health insurance/cash benefit/dependent care option to full time employees. All employees may also obtain assistance with education and child development permits.

We are currently looking for people to join our team as housekeepers, cooks, teachers, assistant teachers, center directors and home visitors.

Full-time staff (30 hrs. per week or more) are eligible to participate in a Flexible Benefit Plan after 2 months of full-time employment.

Please visit our website or Facebook page for more information on how to join our growing team! <https://ncsheadstart.org/employment-opportunities/>

Hiring?

Post your job opportunities
in the **Journal**.

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NOW HIRING!

Schmidbauer Lumber, Inc. is hiring
for the following Opportunities!

HR/Payroll/Office Assistant

\$20 - \$24 per hour; depending on experience

Accounting Assistant

\$20 - \$24 per hour; depending on experience

Experience a plus, willing to train,
Opportunities for growth and development.
Benefits include – Medical, Dental, Vision & Life Insurance; Vacation and paid holidays; 401(k) with company match and discretionary profit sharing and reduced Gym membership

Apply on-line at https://www.schmidbauerlumber.com/wp-content/uploads/2022/04/SLI_Employment_Application.pdf

or in person at 1099 W. Waterfront Dr.
Eureka, CA 95501 or by mail or fax at 707-443-7003

THE CITY OF EUREKA

PUBLIC WORKS

PROJECT MANAGER – ENGINEERING

\$5,833 - \$7,090/Month

Plus excellent benefits including free family Zoo membership, free family Adorni Center membership, free enrollment at Little Saplings Preschool for employee children and more!

The City is currently hiring to fill two (2) permanent full-time vacancies for this position in the Engineering Division of the Public Works Department.

Under general direction, this position provides administrative, program, budgetary, grant, purchasing, training and work-flow support and project management; analyzes departmental practices and procedures and makes recommendations for organizational, operational, policy and procedural improvements; develops, summarizes and maintains administrative and fiscal records; directs, oversees and manages cultural, environmental, grant, and other programs, and performs related administrative support functions. Desirable qualifications include a combination of training and experience equivalent to a Bachelor's degree in Business or Public Administration, Engineering, or a closely related field. For a full list of requirements and to see the entire job description, visit our website at www.eureka.ca.gov.

We will be accepting online applications only until 5:00 p.m. on Monday, January 30th, 2023. EOE

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Northcoast Children's Services

MAINTENANCE ASSISTANT, Crescent City

Performs a variety of site repairs, alterations, construction projects and general yard maintenance for NCS sites. Cleans and schedules vehicle maintenance. 2 years of construction exp. desirable. P/T 20 hrs./wk. (10am-2pm, flexible hours). \$15.88/hr. **Open Until Filled.**

TEACHER, McKinleyville (Early Head Start)

Responsible for development & implementation of classroom activities—provide support and supervision for a toddler program. Must have 12 core in ECE/CD (with 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher Level on the Child Development Permit Matrix, and one-yr. exp. teaching in a toddler setting. P/T position: 25 hrs./wk. \$18.44-\$20.33/hr. **Open Until Filled.**

TEACHER, McKinleyville (Head Start)

Assist center staff in the day-to-day operation of the classroom for a preschool program (implementing and supervising activities). Req. a min. of 6 ECE units and 6 months' exp. working w/ children (12 units of ECE core classes preferable). F/T position: 40 hrs./wk. \$18.44-\$20.33/hr. **Open Until Filled.**

Please note: Per grant requirements, All NCS staff are required to submit proof of a complete COVID-19 vaccination, except those who are granted an exemption. All staff who are eligible for an exemption must undergo weekly testing for SARS-CoV-2 infection. Please contact Administrative Services if you need information regarding vaccinations or exemptions.

Submit applications to:
Northcoast Children's Services
1266 9th Street, Arcata, CA 95521

For addtl info & application
please call 707-822-7206 or visit our website at
www.ncsheadstart.org



The Hoopa Valley Tribe is accepting applications to fill the following vacant position

CEO: Hoopa Forest Industries

Regular, Full-Time, Salary: \$60,000-\$70,000.

The CEO assesses and analyzes each component of operation identifying key performance indicators required to ensure an efficient compliant, and profitable enterprise.

The CEO will engage in strategic planning, goal setting, and coordination of all aspects of the organization, and will be responsible for daily operations to include employing, directing, training and discharging employees. Will be responsible for logging plans and inspects designated timber tract(s) and terrain to determine method for logging operation, size of crew, and required equipment. **Minimum Qualifications:** Bachelor's degree from an accredited four-year college in forestry or related field, Or four to ten years related experience and/or training. Registered Forester Certification desired. Additional requirements are listed in the job description. **DEADLINE: Open until filled.**

For job descriptions & employment applications, contact the Human Resource Department, Hoopa Valley Tribe, P.O. Box 218, Hoopa, CA 95546. Call (530) 625-9200 Ext. 23 or email dori.marshall@hoopainsurance.com or hr2@hoopainsurance.com. The Tribe's Alcohol & Drug Policy and TERO Ordinance Apply.



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REPORTERS WANTED

The North Coast Journal Inc., publisher of the *North Coast Journal*, *The Ferndale Enterprise*, *Humboldt Insider* and other local publications, is looking to add to its award-winning editorial team.

Are you a naturally curious critical thinker, good at multi-tasking in a dynamic environment, and comfortable talking to people from all backgrounds? Do you have a deep passion for telling stories of the North Coast?



If this sounds like a fit for you, please send a resume and several samples of your work to Thadeus Greenon at thad@northcoastjournal.com. Compensation will range between \$15.50 and \$32 an hour depending on experience.

NCJ
NORTH COAST JOURNAL OF
POLITICS, PEOPLE AND ART



K'ima:w Medical Center

an entity of the Hoopa Valley Tribe, is seeking applicants for the following positions:

TELEMED COORDINATOR – FT Regular
(\$17.90 - \$24.25 per hour DOE)

OUTREACH MANAGER/PHN/RN – FT Regular
(\$40.02 - \$49.99 per hour DOE)

CHIEF OPERATING OFFICER – FT Regular (Salary DOE)

PHARMACY CLERK – Temporary
(\$16.24 - \$22.48 per hour DOE)

PHARMACY CLERK – FT Regular
(\$16.24 - \$22.48 per hour DOE)

BEHAVIORAL HEALTH OFFICE ASSISTANT – FT Regular – (\$16.89 - \$21.00 per hour DOE)

ADMINISTRATIVE ASSISTANT/BILLER – FT regular – (\$18.42 - \$20.00 per hour)

COALITION COORDINATOR FT Regular
(\$17.14 - \$20.01 per hour)

EMT-1 – Temporary

ACCOUNTING SUPERVISOR - FT/Regular
(\$40.02 - \$51.12 per hour DOE)

PARAMEDIC – FT Regular

GRANT WRITER & PUBLIC COMMUNICATIONS – FT/Regular
(\$29.00-36.00 per hour DOE)

DENTAL HYGIENIST – FT/Regular
(\$39.00-43.00 DOE)

PHYSICIAN FT/Regular

MEDICAL DIRECTOR FT/Regular

MENTAL HEALTH CLINICIAN FT/Regular

MAT RN CARE MANAGER FT/Regular

DENTIST FT/Regular

All positions above are Open Until Filled unless otherwise stated.

For an application, job description, and additional information, contact: K'ima:w Medical Center, Human Resources, PO Box 1288, Hoopa, CA, 95546 or call 530-625-4261 or email: apply@kimaw.org for a job description and application. You can also check our website listings for details at www.kimaw.org. Resume and CV are not accepted without a signed application.

MARKETPLACE

Continued on next page »

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707-382-2698
\$35/hour
2 hour minimum

MARKETPLACE

Memorials

ST. JUDE NOVENA

May the Most Sacred Heart of Jesus be adored. May the Most Sacred Heart of Jesus be praised now and forever. St. Jude, pray for us and hear our prayers. Blessed be the Sacred Heart of Jesus, Blessed be the Immaculate Heart of Mary, Blessed be St. Jude Thaddeus, in all the world and for all Eternity. Pray this novena for 9 days. It has never been known to fail. Publication must be promised. XXX

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BATH & SHOWER UPDATES IN AS LITTLE AS ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call 1-866-370-2939 (AAN CAN)

BATHWRAPS IS LOOKING FOR CALLS FROM HOMEOWNERS WITH OLDER HOME WHO ARE LOOKING FOR A QUICK SAFETY UPDATE. They do not remodel entire bathrooms but update bathtubs with new liners for safe bathing and showering. They specialize in grab bars, non-slip surfaces and shower seats. All updates are completed in one day. Call 866-531-2432

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Home & garden on page 31



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645 Montgomery St, Loleta

Multi-Family in Loleta - Dining area, 4 bed, 2 bath, approx. 1700 sq. ft., laundry room, 2 car garage, detached duplex, 2 bed, 1 bath units, dining areas, laundry rooms, oversized lot. MLS# 262709

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Opening soon available for HUD Sec. 8 Waiting Lists for 2, 3 & 4 bedroom Apts.

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3 pers. \$31,500; 4 pers. \$34,950;
5 pers. \$37,750; 6 pers. \$40,550;
7 pers. \$43,350; 8 pers. \$46,150

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Apply at Office:
2575 Alliance Rd. Bldg. 9 Arcata,
8am-12pm & 1-4pm, M-F
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Kyla Nored

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Barbara Davenport

Associate Broker
BRE# 01066670
707.498.6364



Mike Willcutt

Realtor
BRE # 02084041
916.798.2107



Ashlee Cook

Realtor
BRE# 02070276
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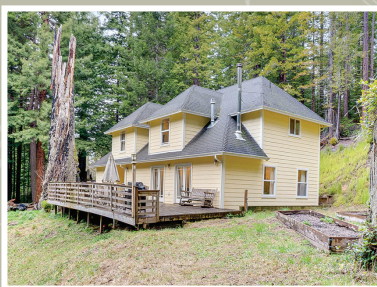


FEATURED LISTING!

PINEWOOD COVE RESORT, TRINITY LAKE

\$1,295,000

Astonishing multi-faceted recreational business opportunity on Trinity Lake! Become the new owner and steward of The Pinewood Cove Resort featuring cabins, RV camping spaces, tent camping spaces, boat slips, convince store, recreation pavilion, saltwater pool, and more! Take advantage of the amazing location, the first park coming into Trinity Lake, just 15 minutes from Weaverville! Owner will carry!

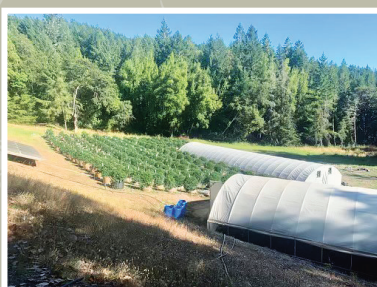


**130 CARLSON DRIVE,
EUREKA**

\$729,000

Extremely private ±2.5 acres located behind a locked gate. This two-story home features wide plank hardwood floors on the bottom story with an open concept living and dining room, kitchen, half bathroom and laundry

room. Upstairs enjoy a spacious master bedroom and bathroom overlooking the Redwood Forest. Two additional guest bedrooms and a bathroom also boast forest views. The tiered parcel offers a large deck for entertaining while overlooking the bottom meadow portion of the property perfect for horses, farm animals or other activities. Located just 5 minutes from Eureka, take advantage of a rural lifestyle while being close to the conveniences of town.



**BLOCKSBURG
CULTIVATION PROPERTY**

\$800,000

±160 Acres with cultivation permits for 30,300 sq. ft. of outdoor, 9,320 sq. ft. of mixed light, and 1,920 sq. ft.

of nursery canopy space! This turn-key farm is complete with tons of water storage including tanks, bladders, and a 400,000 gallon lined pond, blue line creek, solar & generator power, organic soil, four greenhouses, and two drying decks. Come see everything this beautiful Blocksburg property has to offer!



**1325 BARRY ROAD,
KNEELAND**

\$650,000

Nestled in the rolling hills of Kneeland, this ±55 acre homestead is just 25 minutes from town yet offers the

privacy and seclusion of rural living! Cozy, well constructed home features 3 bedrooms, 1 bathroom, beautiful custom woodwork, and large deck for outdoor entertaining. Located out of the fog bank, the property boasts open meadows, mixed timber, fruit trees, and plenty of useable space for gardening, animals, and hobbies.



REDUCED PRICE!

**908 S STREET,
EUREKA**

\$209,000

Fixer special! Cottage with a second unit in Eureka! This property has a 1 bedroom 1 bath,

open kitchen into living area. The second unit features beamed ceilings, skylights, wood stove, a fenced private backyard and a pond area. Has plenty of room for storage. Great investment property! Owner will carry!



**184 EMPIRE DRIVE,
FORTUNA**

\$84,000

Spacious and open floor plan with an enclosed sun porch on the south side, and a full length carport and

storage shed on the other. Separate laundry/utility room has an exterior door opening to the carport with a stair lift for ADA access. All appliances included. There is some deferred maintenance. Senior park has clubhouse with numerous activities, a community computer, and other amenities.



OPEN HOUSE!
SAT. 1/21 11 AM - 1 PM

**157 MAIN STREET,
SCOTIA**

\$299,500

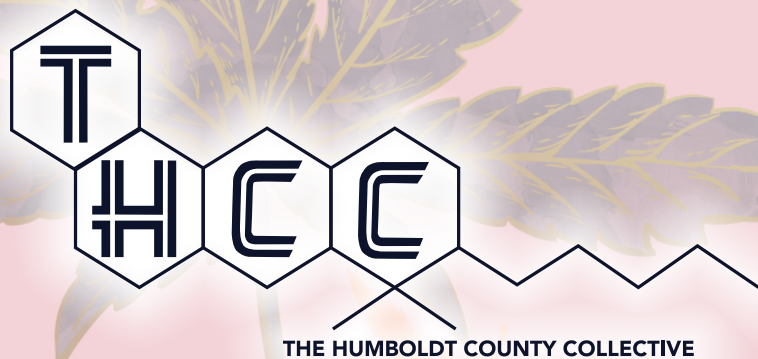
This cozy 2 bedroom 1 bathroom home in Scotia is a must see. With brand new flooring, recessed

lighting, custom kitchen with concrete countertops, you will feel right at home no matter what room of the house you are in. The clear attention to detail is shown and on display from the moment you walk through the front door.

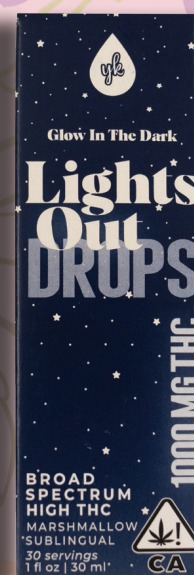
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